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SPECIAL ISSUE



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EDITOR'S LETTER



Women have always outdone themselves. They have always broken barriers, challenged convention, smashed the glass ceiling, and emerged victorious. They have the courage, the strength, the conviction that nothing can stop them from chasing their dreams and reaching the top.

When we look around, women today are more empowered than ever before and occupy positions of power all over. We see far more women as Heads of States, there is far more representation in the corporate world, and far more visibility in leadership positions. Despite what gender stereotypes may tell us, women excel at leadership. They do it every day at home, in their personal lives, and at work. It comes naturally to them and they have time and again proven that. So, like some say, women are born leaders.

In this Special issue, we identify 50 outstanding women who are UNSTOPPABLE—who have made a mark in whatever they do with sheer grit and determination. These women have gone through their own hurdles and hardships and overcome challenges to be winners. They are India's FAB 50. Read on to know about these women, and what is the secret behind who they are, what made them conquer male bastions and achieve the unachievable. They have empowered themselves and redefined the patriarchal rules that have been rooted in our society's long held beliefs about what it means to be female.

Femina, as a brand, also stands for women empowerment. We are that hand women can hold when they need one. And we all know that no society or country can progress unless its women are empowered to play their role in economic, social, political, and environmental areas. The fact that women constitute half the population of the entire planet makes empowering them even more compelling. As we go along admiring these women achievers, we all need to look within ourselves and say, "I can do it too." So, get started and BE UNSTOPPABLE!

IN THIS SPECIAL
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IDENTIFY 50
OUTSTANDING
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SHEER GRIT AND
DETERMINATION

Ruchika

RUCHIKA MEHTA

[@ruchikamehta05](#) [@ruchikamehta05](#)



MEAN MACHINE

HP'S LATEST ENVY 15 IS THE PERFECT ALL-ROUND GADGET FOR CONTENT CREATORS AND PROSUMERS ALIKE

With the work from home culture being the norm, workplaces are now confined to a corner in the house and a laptop, which means that your machine needs to go beyond being functional; it needs to allow you to have a space to express your creativity, with zero hindrance. Enter the HP ENVY 15; powering through the minutest requirements of content creators, consumers and prosumers alike; it is most likely to take you light years ahead in experience, performance and expectations. Being the pioneering leaders in personal computers segment, the HP ENVY 15 notebook launched in August this year, came at just the right time. Digital content creators working to create content through the pandemic can now sigh a breath of relief with the HP ENVY 15. It comes with features specifically designed to meet their requirements and expectations for a smooth create-from-home.

Creators look for the perfect amalgamation of technology and tools to maximise their creation. Creators, as a community, have only been

increasing - in number and in content. With increasing need to create content, it raises the bar to create quality. "Creative expression is one of the most intrinsic human characteristics. In an increasingly connected world, people want to add their personal mark on it and share widely with others. To do that, they are looking for tools that not only inspire them but enable them to bring their creativity to life," says Ketan Patel, managing director, HP India market. Additionally, with HP QuickDrop, a companion app, creators and users can seamlessly transfer their digital creations, documents, notes, websites, addresses and more across a range of devices. Here's what to love about the new entrant:

DESIGN AND SECURITY: The HP ENVY 15 comes in a unique diamond cut design



with a layer of glass atop the touchpad for a smooth-touch experience. The all-in-one keyboard, which includes easily accessible buttons for power, camera shutter, mute mic, fingerprint reader, and HP Command Center is in-built across all HP ENVY devices this year.

CREATE: Digital creations take on a new level of details and realism with 4K OLED VESA certified DisplayHDR™ True Black display. The touch display takes workflow efficiency to a new level for a responsive and comfortable experience.

PERFORMANCE: Fast rendering, seamless playback, and smooth multitasking is a breeze with an up to 10th Gen Intel® Core™ i7 (H-series) processor, up to NVIDIA® GeForce® RTX 2060 with Max-Q design, and up to 16GB of DDR4 Memory.



The ENVY 15 brings gaming-class thermals to this category of products — a vapour chamber and two 12-volt fans. Compared with a traditional heat-pipe design, HP's custom vapour chamber solution provides 33 per cent more processor power for intensive workloads. The device also features HP Dynamic Power, which intelligently allocates power between the CPU and GPU; and, the IR thermal sensor.

Saving the best for the last – offering 50 per cent charge in just 45 minutes, the laptop can last you for 16.5 hours!

Now, don't just work from home but create and share from home with the right gadgets by your side! With the latest HP ENVY 15 designed for your specific needs, technology for creating doesn't lag anymore. With quality comes creativity, and with creativity – HP ENVY 15.

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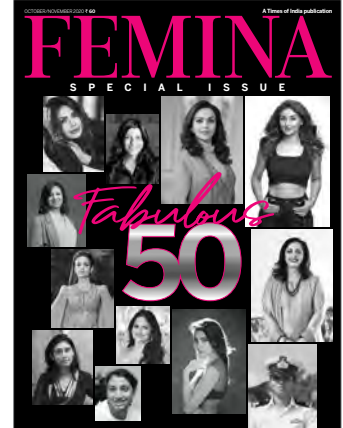
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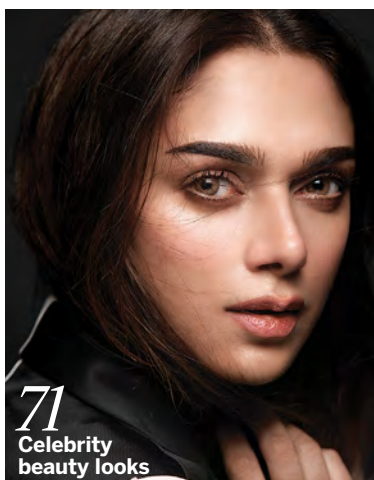
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FEMINA FABULOUS



The women who inspire us are the ones who make us believe that anything is possible, who have risen from the ashes or who have walked farther to establish themselves in their own right, who have challenged glass ceilings at the workplace or in the skies... The women who inspire us are too many to count, but this selection of 50 will motivate us to march ahead

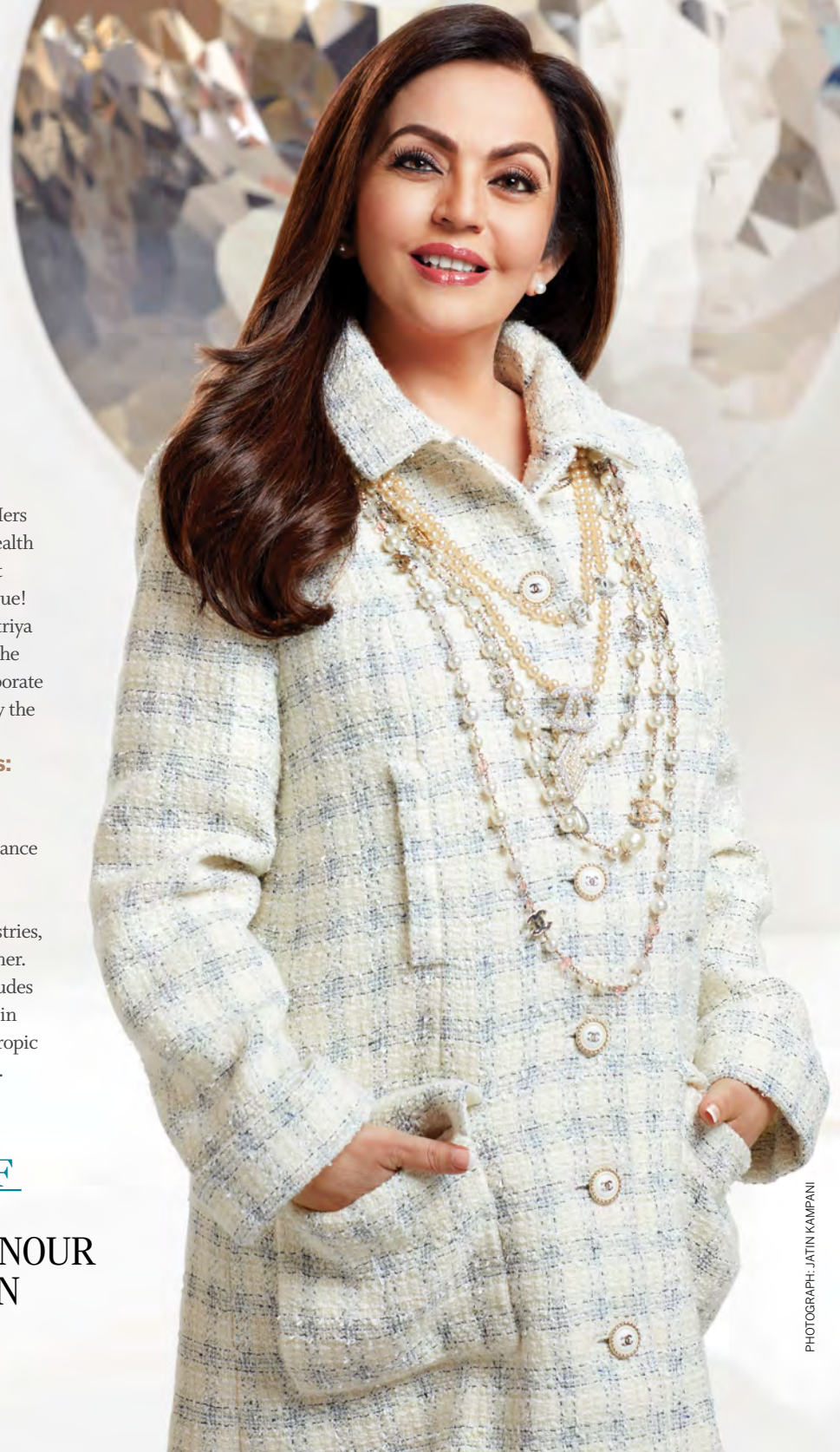
NITA AMBANI

Philanthropist

Why you should know her: Hers is a name largely associated with wealth and power, but it is also a name that suggests that big dreams do come true! Nita Ambani has received the Rashtriya Khel Protsahan Award 2017 and is the recipient of the award for Best Corporate Supporter of Indian Sports, given by the *Times of India*.

Why we think she's fabulous: She's leading the way for women in power! Currently serving as the chairperson and founder of the Reliance Foundation, Dhirubhai Ambani International School, and as a non-executive director of Reliance Industries, Ambani started her career as a teacher. Today, her list of achievements includes a prestigious honour from The Met in New York recognising her philanthropic work; this is a first for South Asians.

**AMBANI'S LIST OF
ACHIEVEMENTS
INCLUDES AN HONOUR
FROM THE MET IN
NEW YORK.**





SUDHA MURTY

Author and Social Worker

Why you should know her: With close to 40 books to her credit, Sudha Murthy has made notable contributions to literature in Kannada and English, as well as taken up multiple social causes in the country. She has also established the Murthy Classical Library of India at Harvard University. While her philanthropic work keeps her busy, she also has acting credits in the Marathi film *Pitruroun* and the Kannada film *Prarthana* under her belt.

Why we think she's fabulous:

An engineering teacher, chairperson of the Infosys Foundation and a social worker, Murty is known for initiating the move to introduce computer and library facilities in all schools in Bengaluru and the rest of Karnataka. Notably, the Padma Shri awardee was the first female engineer hired at TATA Engineering and Locomotive Company (TELCO) after she wrote to the company's chairman complaining of the men-only gender bias.

ZIA MODY

Corporate Lawyer

Why you should know her: One of India's foremost corporate attorneys, Zia Mody excels in mergers and acquisitions deals and founded AZB & Partners, where she also holds the position of managing partner. She is on various advisory committees of the Confederation of Indian Industry, including the National Council and its committees on capital markets, financial services, corporate governance and legal services.

Why we think she's fabulous: Mody is an advisor to international private equity firms such as KKR & Co Inc, Bain Capital and Warburg Pincus and has also worked with the likes of the TATA Group, the Aditya Birla Group, Reliance, and more. The multi-award-winning Mody has been named 'India Managing Partner Of The Year' by a review of her peers, and is considered one of India's 10 Most Influential Women. >



ANUSHKA SHARMA

Actor and Producer

Why you should know her: This mother-to-be, one of the leading ladies of Bollywood, has many commercial movie successes in her kitty. [Anushka Sharma's](#) recent foray onto the OTT platform with *Paatal Lok* on Amazon Prime and *Bulbbul* on Netflix has received much acclaim, and her vision as a producer is being appreciated. While her career graph might have seen some fluctuations since her debut in 2008, today she is one of the most sought-after actors in the Indian film industry.

Why we think she's fabulous: We love her acting chops, for one, and her knack for picking the right story to produce a web series about. She has always carried herself with grace and dignity, even when there were many controversies surrounding her and her cricketer husband, Virat Kohli.

PHOTOGRAPH: PRASAD NAIK



PHOTOGRAPH: PRUDHVI RAJA ADDALA AND VAMSI KRISHNA VARMA

SANIA MIRZA

Tennis Professional

Why you should know her: Ranked India's No. 1 player by the Women's Tennis Association (WTA), Sania Mirza has been one of the most-searched women tennis players online.

Why we think she's fabulous: With over 40 trophies and [several awards under her belt](#), listing all of Mirza's accomplishments would take up several pages, but even a precis is impressive! A former doubles world No. 1, she has won six Grand Slam titles. The Arjuna awardee has notable wins over well-known tennis players including world No. 1 players Martina Hingis, Dinara Safina, and Victoria Azarenka. Ranked at World No. 27, Sania has achieved a series of firsts for India, including surpassing \$1 million in career earnings and winning a singles WTA title. She has also won a total of 14 medals at three major multi-sport events.



DR SWATI PIRAMAL

Corporate Powerhouse and Philanthropist



Why you should know her:

Dr Swati Piramal did not wait to be at the top to make a difference. Even as a young doctor, she started an ambulatory healthcare centre in Parel, Mumbai (an area that was then known for polio) in 1982 even while still in medical college. Understanding that she could make a difference is what started her on the path of public health, deploying public health interventions by Piramal Healthcare and Piramal Foundation for several diseases, over the next decades. She went on to serve on the board of organisations, public sector companies, and government and academic institutions. In 2010, she was the [first woman](#) to become president of the apex chamber of commerce, The Associated Chambers of Commerce of India (ASSOCHAM) in its 90-year history. Her work on important public policies and governance related to healthcare is widely recognised, and has led to major policy changes that have helped reduce the burden of disease. She has also served on the Scientific Advisory Council and the Council of Trade of the Prime Minister of India.

Why we think she's fabulous:

She has carved the path for herself, and for those who want to follow her footsteps, to the top. She reached the pinnacle not just with her talent and hard work, but, as she puts herself, "By gathering the power of many hands joining together." Her exemplary work has seen her being recognised as one of India's leading scientists and industrialists whose contributions to innovations, new medicines and public health services have touched many lives. >

DR PIRAMAL'S
WORK ON PUBLIC
POLICIES RELATED
TO HEALTHCARE IS
WIDELY RECOGNISED.



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ROSHNI NADAR MALHOTRA

Businesswoman and Philanthropist

Why you should know her: Chairperson of HCL Technologies, Roshni Nadar Malhotra is the first woman to lead a listed IT company in India. Daughter of Shiv Nadar, HCL's founder, she is probably born with business genes, which might explain why she is the wealthiest woman in the country today. As a philanthropist, she heads the VidyaGyan Leadership Academy, an initiative for the economically-disadvantaged, and has also set up The Habitats trust, which aims to conserve India's natural habitats and indigenous species.

Why we think she's fabulous: A graduate of the Kellogg School of Management, and considered among the world's most powerful women, Nadar Malhotra is also a trained classical musician and a hands-on mother to her two sons, Armaan and Jahaan. Her ability to strike a balance between business and humanitarian activities is an inspiration to many.

PRIYANKA CHOPRA JONAS

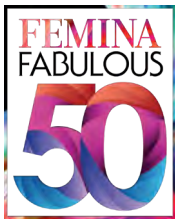
Actor and Producer

Why you should know her: Priyanka Chopra Jonas is truly a global star! She first made headlines in 2000 with her Miss World win, and the rest, as they say, is history.

Why we think she's fabulous: If the words 'world domination' had a face, it would be hers! From Bollywood megahits to international TV shows, our favourite *desi* girl has featured on every list, [breaking many a record](#), along with being one of the highest-paid actors in recent times. Jet-setting between Los Angeles and Mumbai, Chopra Jonas has featured in over 60 movies, has been a part of various music videos, and is also actively involved with The Priyanka Chopra Foundation for Health and Education.



PHOTOGRAPH: ROHAN SHRESTHA



SHAHNAZ HUSAIN

Ayurvedic Beauty Pioneer

Why you should know her:

International beauty icon and pioneer of Ayurvedic beauty, Shahnaz Husain started her first clinic out of her small South Delhi flat with a loan of ₹35,000 from her father. Although trained in western beauty treatments and techniques from Helena Rubinstein, Schwarzkopf, Christine Valmy, Lancôme, and Lean of Copenhagen, Husain decided to go the Ayurvedic way as she realised that Ayurveda could prove to be a better alternative to the harmful synthetic treatments in vogue at that time. The first Ayurvedic product she created was a rose-based skin toner called Sharose, and it is still one of her fastest-moving products. Today, Husain has crafted nearly 375 formulations for beauty, skin, health, and fitness.

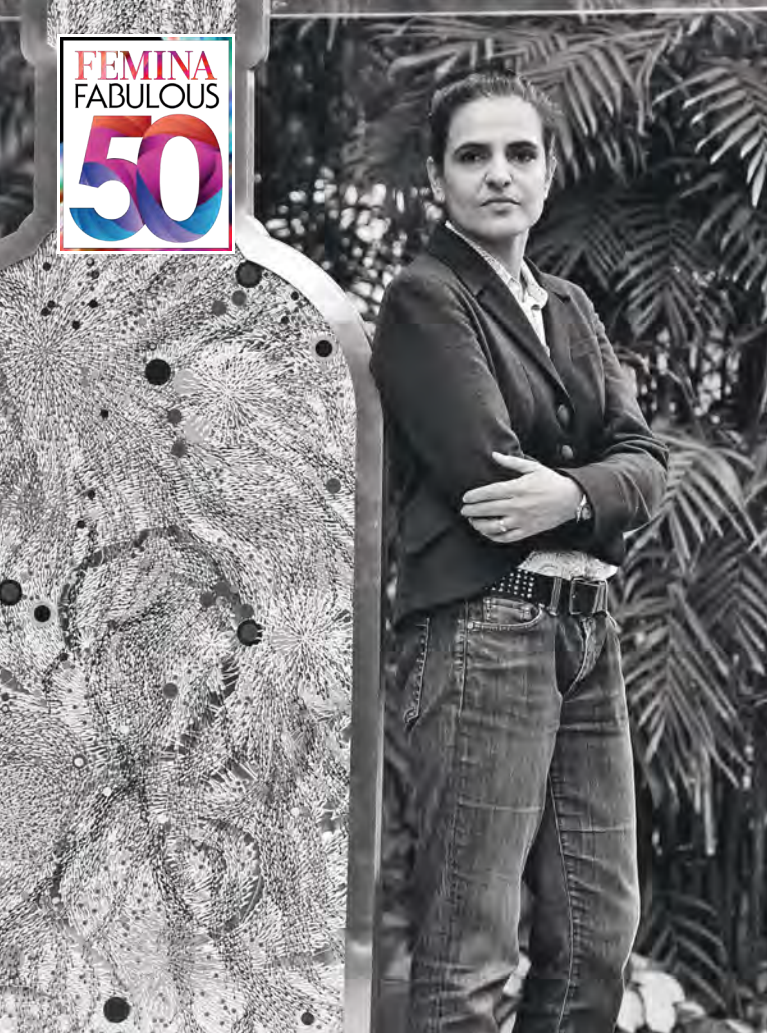
Husain became a Harvard case study on brand creation and is now a subject in Harvard for 'Emerging Markets'. The Padma Shri recipient has lectured at Harvard University, MIT, Oxford University and London School of Economics; has walked the red carpet twice at Cannes; was presented the International Star Award in Paris, has rubbed shoulders with world celebrities including Princess Diana; has been interviewed by Goldie Hawn; was launched by Barbara Cartland at the Galleries Lafayette in Paris and Harrods in London; represented India at President Obama's World Summit for Entrepreneurs in Washington DC; spoke at the House of Lords and the House of Commons at the British Parliament; has been honoured by Princess Grace of Monaco; has been celebrated by Deepak Chopra; was awarded the World Medal of Freedom at the Annual World Forum, Washington DC; was honoured by Hillary Clinton; was selected as the United Nations Woman of the Decade; became President, CIDESCO,



HUSAIN
BECAME
A HARVARD
CASE STUDY
ON BRAND
CREATION
AND IS NOW
A SUBJECT AT
HARVARD FOR
'EMERGING
MARKETS'.

World Beauty Congress, New York; received the Woman of the Millennium Award from Global Indian Congress USA; was awarded the World's Greatest Woman Entrepreneur; was selected Forbes Woman of the Year and also represented India at the Forbes World Congress in Australia; received the Woman of the Year Award from the Governor of California, the US; received Pioneering Ayurveda Worldwide and Ayurveda Excellence Awards in the British Parliament; was honoured for her Chemoline Range for cancer patients in London; and received the Kotler Excellence Award 2020 from the World Marketing Summit.

Why we think she's fabulous: Husain is known for her dedication to social causes; she has provided free beauty training to the physically challenged and to acid attack survivors, and has trained and certified 40,000 under-privileged women in beauty and wellness! Her portrait, sketched by iconic artist MF Husain, was auctioned at Christie's in London. She has made not just an entire nation, but people across the globe wake up to India's Ayurvedic system of herbal healing. >



PHOTOGRAPH: RANJIT KUMAR/BCCCL

BHARTI KHER

Artist

Why you should know her: British-Indian Bharti Kher is considered one of India's most important contemporary artists. Honing her artistic prowess over two decades, she works on paintings, collages, photography, sculpture, and installations. Since 1995, she has been adorning her creations with *bindis*, a traditional forehead decoration, ensuring that her work is unique and distinctive.

Why we think she's fabulous: Each of her pieces challenges general assumptions of identity and culture, inviting the viewer to ask more questions. Her work registers human emotion depicted with the help of cultural symbolism. She weaves objects and symbols from Hindu mythology together in a way that asserts cultural misinterpretations. Gender and societal roles are juxtaposed throughout her surrealistic *oeuvre*, making it an important thread in the fabric of society.

FAYE D'SOUZA

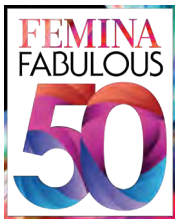
Journalist

Why you should know her: Feminist? Woman in-charge? Journalist? You would be talking about Faye D'Souza! India's favourite ex-news anchor, D'Souza doesn't simply report the news; she sets the tone for the fair and just India that we all dream of. Inching closer to the 1M mark on Instagram, she uses social media to educate her followers, share news updates and bust WhatsApp myths.

Why we think she's fabulous: Unafraid to ask questions, D'Souza represents the kind of journalism needed across the globe. Her noteworthy accolades include The RedInk Award for Journalist of the Year for her coverage of issues that touch the lives of common people. In fact, D'Souza is the journalist 2020 desperately needs!



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DR MALINI SABA Corporate

Why you should know her: One of the first self-made billionaire women and a top paid chairman to head a global commodities company, Dr Malini Saba is the Founder of Saba Group, a privately-held company that employs over 5,000 people, operates in more than 20 countries and comprises 15 companies across 10 verticals.

The helmswoman with a humane and solitary nature makes intense efforts to shun the arch lights and do simple things that she finds sometimes intrusive. Saba Group has an affinity towards agriculture and trades in the business of rice with a strong foothold in pharmaceuticals and fin-tech businesses. It also operates in gold mining, entertainment, real-estate, hospitality sectors and does impact technology investments worldwide.

Fifty per cent of the profit raised by Saba Group goes into philanthropy, supporting education, health, art and culture, livelihood generation and human rights.

Dr Saba is also the founder of Saba Entertainment Group that produces, partners and invests in projects in television, film, music, sports, media, apps and multimedia. It supports established as well as emerging directors and producers with an emphasis on multicultural and women-centric projects.

Dr Saba has been conferred with the Kalpana Chawla Award 2005, the Mother Teresa Award 2004, Los Angeles, the Ambassador of Peace award 2007 by the Federation of Peace in London, Entrepreneur of the Year 2001 by Business Women's Network Washington DC and Philanthropist of the Year 2005 and 2017.

Why we think she's fabulous: She has helped millions of underserved women and children in South and Southeast Asia, South America, Africa, and the US gain access to life-saving medical facilities, educational



DR SABA
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services and achieves economic stability. Her primary aim in life is to help at least one billion people that made her launch Anannke Foundation, the umbrella organisation for her philanthropic efforts.

She arranges global food drives, funds scholarships, build schools, provide healthcare facilities, and when there is a vaccine for COVID-19, plans to distribute it free in the most-needed parts of the world. Dr Saba has partnered with former US President Bill Clinton on global initiatives, the Stanford Medical Center, YUVA, CARE International, the Concern Worldwide Program, Mother Teresa Foundation, Women refugee commission to name a few.

Dr Saba focuses on hiring mainly women to create a culture in male dominated spaces and continues to speak in international forums to positively impact policies. >

ANCHAL GANGWAL

Indian Air Force Pilot

Why you should know her: Inspired by the bravery of Indian Air Force personnel in helping people during the 2013 Kedarnath tragedy, Anchal Gangwal aspired to serve in the same division of the Indian Armed Forces. In 2020, she achieved her dream of being appointed a flying officer despite major financial obstacles.

Why we think she's fabulous: It wasn't an easy journey for this 24-year-old; her father, a tea seller, worked hard just to make ends meet and pay her school and college fees, but, determined as she was, Gangwal collected information on how to join the defence forces, started preparing with her acquired knowledge, and made the cut, undeterred by pitfalls along the way, on her sixth attempt.



NATASHA POONAWALLA

Philanthropist

Why you should know her: With a master's degree in organisational behaviour from the London School of Economics, Natasha Poonawalla is chairperson of the Villoo Poonawalla Foundation, which supports schools and a hospital, and offers a large sanitation programme for the underprivileged and the economically-backward sections of society. She is also the Executive Director of the [Serum Institute of India](#), considered the world's largest manufacturer of vaccines. She looks into project design and human resources.

Why we think she's fabulous: Known for making a statement, Poonawalla turned heads at the MET Gala 2019 with her sartorial choices. Epitomising a combination of beauty with brains, one day might find her in Davos listening to the world's top leaders and speakers, while, another day, she might be in the front row of a couture show. This dynamic diva endears herself with her grace and humility.

SAACHI BHASIN DAGA

Beauty and Fashion Influencer



Why you should know her: A model-turned-influencer with a passion for beauty and fashion, Saachi Bhasin Daga is a youth icon. She's not only praised for her girl-next-door looks, but also acknowledged for her achievements as an [influencer](#) in a short span of six years. Daga, who has collaborated with some of the most sought-after fashion, beauty and lifestyle brands, is a star with many talents. A content creator worth noticing, she has worked with celebrated artistes across several different genres on ads and short films. Striving for the best, Daga started makeup courses for beginners during the lockdown, and plans to explore the idea on a larger scale.

Why we think she's fabulous: Social media has something for everyone; all you need is a perfect combination of wit and grit to make it big. For Daga, being an influencer is not just about creating content, it is an opportunity to stay connected with people and spread awareness in the fields of fashion, beauty and lifestyle. As an influencer, she understands what her followers want, and her content is mindfully crafted to suit their needs. Her strength lies in the simplicity of her content, which is relatable and relevant, which has led her to create a niche for herself. She does not, however, let her profession compromise her beliefs and choices. An avid supporter of sustainability in fashion and beauty, she uses the social media platforms to promote conscious lifestyle choices.

She continues to work hard towards achieving everything she has on her bucket list, including starting her own beauty line. >

FOR DAGA, BEING
AN INFLUENCER
IS ABOUT STAYING
CONNECTED
WITH PEOPLE.



PV SINDHU

Sportswoman

Why you should know her: Pusarla Venkata Sindhu is one of the most successful female badminton players India has produced. From being the first-ever Indian woman to win an Olympic silver medal to being the only Indian to win gold at the Badminton World Championship, she has created history on multiple occasions.

Why we think she's fabulous: In addition to being honoured with the Padma Bhushan this year, Hyderabad-based Sindhu has set an example for budding Indian female athletes in being one of the highest-paid female athletes in the world. Having started her international career at the age of 14, Sindhu has paved the path for young Indian girls to aspire to have a successful career in sports, and has helped Indian women athletes make their presence felt on the international circuit.

PHOTOGRAPH: BY ANKIT SHARMA

NIRMALA SITHARAMAN

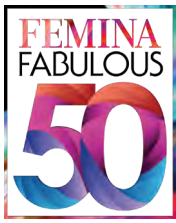
Union Minister of Finance and Corporate Affairs

Why you should know her: Born in Madurai, [Nirmala Sitharaman](#) graduated in economics as an exemplary student. Before her career in politics, she held roles with the UK-based Agricultural Engineers Association and the BBC World Service. A trusted lieutenant in the current government, she has one of the toughest jobs in the country right now, to revive the country's economy in the wake of the ongoing pandemic.

Why we think she's fabulous: India's first full-time female finance minister, Sitharaman was earlier appointed Defence Minister, marking a major move in Indian politics; no woman politician in India, except for former PM Indira Gandhi, had helmed these two ministries. Prior to that, she served as a national spokesperson for the BJP.

PHOTOGRAPH: A. PRATHAP/BCCL





AKANKSHA CHATURVEDI

Entrepreneur

Why you should know her: Founder and CEO of Eduauraa, an ed-tech venture that has disrupted the market through high-quality, affordable education, Akanksha Chaturvedi is an alumnus of UCL and Columbia University, where she majored in urban planning and business. While it would have been natural for her to join her father's real estate business, she felt it wasn't really her cup of tea. It was over a light-hearted conversation that she was introduced to the world of education technology; she went on to identify the major hurdles in accessible education to be price, language, and quality.

Early on, like her contemporaries, Chaturvedi realised that any philanthropic efforts would impact only a small section of society. She knew she had to find a better, sustainable, and more effective way to provide quality education to India's young and evolving student population. Having seen the shift in entertainment technology from VCR and CD to OTT platforms, she had the vision to harness modern technology to democratise how education could be accessed by students across the country, irrespective of their current socio-economic status. This has allowed her to offer her product at an affordable starting price, collaborating with an OTT platform to realise her dream of selling education alongside entertainment at the same price!

Why we think she's fabulous:

Chaturvedi has conducted in-depth research on how literacy can change the shape of a country's development, passionately



**CHATURVEDI
IS WORKING
TOWARDS
MAKING
EDUCATION
ACCESSIBLE
FOR THE LESS
FORTUNATE.**

working toward increasing accessibility to education for the less fortunate. She has also taken determined steps towards curbing the stratification of education by making quality content available at low prices. Given her background, she is able to ensure that the quality of content available on Eduauraa is at par with the best in the world. While bringing about a change in the field of ed-tech is a long-term process, she is working to make the business sustainable so the vision to bring about the betterment of society lives on. >



DHVANI BHANUSHALI

Singer and Pop Star

Why you should know her: At 22, she's featured on the Billboard and BBC Music charts! A YouTube sensation, Dhvani Bhanushali became a household name with her single *Vaaste*, a song that recently hit one billion views. It also made Bhanushali the youngest pop singer to cross the fastest billion on her single. *Vaaste* is also among the Top10 most-liked videos globally! She first created a buzz with her big solo success with *Le ja re*, which became one of the most-loved songs of 2019. She continued to thrill audiences with her playback singing, and gave hits like *Dilbar (Satyamev Jayate)*, *Psycho Saiyan (Saaho)* and *Sauda Khara Khara (Good Newzz)*. Bhanushali is the only Indian music artiste to feature in YouTube Rewind 2019. She recently worked on *Baby Girl* with pop singer Guru Randhawa, which has already crossed 50 million views on YouTube.

Why we think she's fabulous:

Bhanushali has seen both success and popularity at a young age, but it is her continued striving to be the best that sets her apart from the lot. With a combination of good looks and amazing singing, she is not afraid to experiment, and her career graph is testimony to her unique choices. Bhanushali, who once struggled with stage fright, has performed with international pop artistes like Dua Lipa and [Katy Perry](#) at the opening of the One Plus Music fest in Mumbai. Unstoppable and versatile, she has learned the knack of using her success to grow as an artiste. Quite popular on social media and with over three million followers on Instagram, her feed offers an unfiltered glimpse into her many talents. The pop star who woos everyone with her soothing voice is also a fitness enthusiast and enjoys dancing. For all that she has achieved at such a young age, Bhanushali still charms with her girl-next-door vibe and her down-to-earth demeanour.

SANYA VJAIN

Creative Director
and Founder

Why you should know her: Having graduated from Parsons, New York, and Central Saint Martins, London, with a deep love of fashion, Sanya V Jain initiated her bag collection, but soon after she realised that making a change in the fashion industry was necessary. She introduced a hyper-modern fashion line SMOKE WEAR to align contemporary luxe with consciousness. The collection was launched to bring in a change and was made for the people who would want to contribute to this change.

Why we think she's fabulous: She is a strong advocate of gender neutrality and has ensured that the collections are gender-neutral yet functional. With her ethos of 'Living Responsibly', the SMOKE WEAR second collection was completely made of upcycled fabric. She has always been creating fashion that does not fit stereotypes, but push horizons and speak to all. >





SHABANA AZMI

Actor and Activist

Why you should know her: Known to be one of the most versatile actors in Indian cinema and theatre, Shabana Azmi has proved her mettle, both in India and internationally, with movies like *Arth*, *Masoom* and *Madame Sousatzka*. After winning a National Award for her very first release, *Ankur*, in 1974, she went on to become the only actor to win the National Award for Best Actor five times. As an activist, she heads the Mijwan Welfare Society, an initiative for the upliftment and education of girls.

Why we think she's fabulous: Azmi is a true feminist, and has never shied away from putting forth strong opinions on every matter important to the industry or the country as a whole. Even when she fell in love with Javed Akhtar, an already-married man, she was unapologetic about it and, despite facing the wrath of the world, defended her love and ultimately married him after he got divorced in 1984. Born into a communist family, she is very proactive as an activist and is an inspiration to everyone who wants to contribute towards society.



PHOTOGRAPH: NISHAD ALAM/BCCL



PHOTOGRAPH: ASHWANI NAGPAL/BCCL

PALLAVI S SHROFF

Lawyer

Why you should know her: One of the most respected lawyers and arbitrators in the country, Pallavi S Shroff has almost 40 years of experience across dispute resolution, white-collar crime and competition law. She is the managing partner at Shardul Amarchand Mangaldas (SAM & Co), a premier full-service law firm. She is also on the board of directors of Apollo Tyres, One97 Communications, and Maruti Suzuki.

Why we think she's fabulous: Under her mentorship, not only did SAM & Co top the Mergermarket M&A league tables for 2019 by deal value, it also bagged the Country Firm of the Year, India award from Who's Who Legal for two consecutive years. Shroff is a stalwart in her field, and her strong sense of leadership and unparalleled experience make her a shoo-in on this list. >

ZARINE MANCHANDA

With each passing day, Zarine Manchanda is revealing herself to be an empowered young woman and role model. While Mumbai and all of India have been in the tight grip of COVID lockdown in 2020, this young entrepreneur has been on a mission. Zarine has opened three businesses bearing her name: Zarine Manchanda Café, a luxurious café in Versova, Mumbai; Zarine Manchanda Interiors, which designed the café and showcases Zarine's exclusive and sophisticated taste; and Zarine Manchanda Productions, her entertainment shingle to co-produce a web series with a Hollywood company. And all the while Zarine advanced her entrepreneurial ambitions, she continued to administer food donation programmes for Mumbai's neediest through her charity NGO, The Zarine Manchanda Foundation.

Zarine launched her Foundation in 2019, opening a beautifully designed office in Aarey Colony, Mumbai. Now, 18 months later, Zarine's NGO has held over 100 programmes that donate food and other essential items to Mumbai's poor residents. These programmes are showcased in hundreds of photos and videos that appear on the Foundation's website, www.zarinemanchandafoundation.com.

Once her Foundation was established and running successfully, Zarine was ready for her next challenges, and so she launched an interior design company, www.zarinemanchandainteriors.com, which designed the recently-opened Café, www.zarinemanchandacafe.com in Versova, Mumbai, featuring a luxurious five-star cultured ambiance. What is also noticeably unique about the Café are the Tibetan Bells from Dharamshala, the home of the Dalai Lama. "We ring the bells when each



guest is served, asking if they want the blessings from the Café from the home of His Holiness.

That's why our Café's slogan is, "Delicious, Luxurious Spiritual Charm," she says.

And there's more.

Zarine recently opened her film and entertainment production house that bears her name, www.zarinemanchandaproductions.com. Zarine says, "Through my production shingle I will create my own content and will feature as an actor in projects that I produce. My manager, Peter Ziebert, is an attorney and Hollywood producer. We are co-producing a web series to be directed by National Award-winning director Arunaraje Patil. The story is

close to my heart as it blends the #MeToo movement into a supernatural thriller set in Aarey Colony, Mumbai, where my Foundation is located. Aarey is one of the most beautiful spots in Mumbai city, and it's known as the most haunted place also, and so our story is a collision of real and imaginary worlds." Zarine plays the lead role in the web series.

What's next for this busy young entrepreneur? "I want to keep expanding my businesses and my brand. When I prove success in my business model, then I'm ready to expand. With my Foundation and Café, now I'm ready to start other operations so that both can expand their mission and footprint. And of course, I want to get into other business sectors such as restaurants and hotels. With each passing day, it seems Zarine Manchanda is coming closer to realising her dreams and ambitions.

SUNEETA REDDY

Businesswoman

Why you should know her: The managing director of the Apollo group, Suneeta Reddy is one of the biggest names in the Indian healthcare industry today. She spearheads corporate strategy, corporate finance and funding for the healthcare conglomerate. She has also co-chaired the Healthcare Sub-committee (CII) and, as a Harvard graduate, is a member of the Harvard Business School India Advisory Board.

Why we think she's fabulous: Responsible for taking the organisation to the international equity markets, Reddy brought the first Foreign Direct Investment in healthcare into the country. After she joined the Apollo group in 1989, the company has emerged as a formidable and financially-stable enterprise. The World Bank has applauded the Apollo Reach Hospitals Model, which she spearheaded, as a revolutionary innovation in both healthcare and design.



PHOTOGRAPH: BCCL



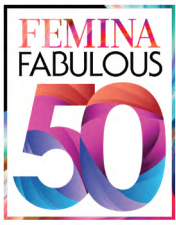
PHOTOGRAPH: A. PRATHAP, BCCL

SUHASINI MANIRATNAM

Actor and Director

Why you should know her: Suhasini Maniratnam started her career as a camera assistant. She donned the directorial hat after being a sought-after actor for nine years, during which she won the National Award for the Tamil film *Sindhu Bhairavi* in 1986. She has worked in the Kannada, Telugu, Tamil, and Malayalam film industries. As she makes a comeback as director with her Tamil anthology *Putham Pudhu Kaalai*, she completes 25 years since her first directorial venture.

Why we think she's fabulous: Suhasini was the first woman [cinematographer](#) in South India, wearing more than the acclaimed hats of actor and director. She was also known for being a dialogue writer, cinematographer, producer, a theatre personality and a social activist. With close to 380 films in her acting kitty and four decades in the film industry, she is now being hailed as a trend setter with this anthology.



SOUMI BHATTACHARYYA

Entrepreneur

Why you should know her:

Winner of the Rajiv Gandhi Shiromani Award and the Bharat Nirman Award for her endeavours towards creating beauty and skincare products that are an amalgamation of traditional beautification techniques and modern technology, Soumi Bhattacharyya's journey started off modestly, with the launch of four tea variants. Of the lot, her slim tea and immunity boost tea got a huge response, which not just paved her way to success, but also reinforced her self-confidence. With the profits earned from her tea business, Bhattacharyya went on to launch Soumi's Herbal Products Pvt Ltd, a brand offering skin and haircare products. With tremendous success over a short span of time and the faith

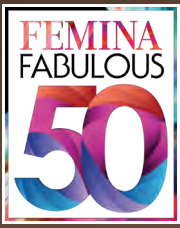
consumers placed in her brand and products, she started her cosmetics brand, The Soumi's Can Products, which has been contributing as one of the manufacturers of premium range Ayurvedic proprietary medicine products in India.

The constant support of her family and her customers' immense faith inspired her to keep going, such that no competition could deter her. She believes that if one's family stands by them, every battle can be conquered with ease. Her family, including those related to her by blood as well as those who work for her, motivates her to stay calm and empowers her to take leaps courageously.

Why we think she's fabulous: The founder of one of the leading companies in West Bengal and North East India, Bhattacharyya's journey has been one of perseverance. Her personality and wellness ideals are reflected in her products, and the brand's vision is to work relentlessly to make its products stronger to serve its growing clientele. Recently, she has also introduced a range of food products under the name, Soumi's Health Products LLP. She will also be soon venturing into film production. With her daughter, whom she calls her support, life, inspiration, and strength, at her side, Bhattacharyya's legacy is already set in stone. >

SOUMI'S
PERSONALITY
AND
WELLNESS
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REFLECTED
IN HER
PRODUCTS.





KIRAN MAZUMDAR SHAW

Corporate Powerhouse

Why you should know her:

India's richest self-made woman and first female brew master, [Kiran Mazumdar Shaw](#) heads the country's first mammoth biopharmaceuticals company—Biocon Limited. With grit, passion, willingness to take risks and vision, Mazumdar Shaw is driving science and taking the youth of the country with her.

Why we think she's fabulous:

She wants her legacy to be the creation of an affordable healthcare model in India, accessible to one and all, which could effectively upend the current gloomy state of health affairs. Her strategy for that: To face every one of the myriad challenges with an innovation, a fitting business solution and a sense of purpose.

DR GRACE PINTO

Edupreneur

Why you should know her: A philanthropist by nature, an educationist by a vision, and a leader by zeal, Dr Grace Pinto is one of the few iconic women edupreneurs who have proved their mettle time and again making commendable contributions to education and social service. Her determination, discipline, courage, and risk-taking ability, coupled with her deep faith in God, makes her stand out as a unique leader. Dr Pinto is amongst those who not only dream big, but work hard to achieve their dreams.

She has been recognised for her noteworthy contribution on numerous national and international platforms. She is the recipient of Times Education Icons Award 2019, Samson Daniel Award for Ryan Group by HelpAge India 2019, Global Leaders Award at the second India UAE Partnership Summit 2018 in Dubai, Lifetime Achievement in Education by Digital Learning 2018, and Economic Times Inspiring Business Leader at the Economic Times Inspiring Business Leaders event in 2016, among many others.

Why we think she's fabulous: No woman in the last few decades has probably made as much of a difference to education in India as Dr Pinto. As a leader, she stands tall, donning multiple roles with practiced ease. With her humble beginnings as a teacher nearly four decades ago, she is today a force



DR PINTO'S
DISCIPLINE,
COURAGE,
AND RISK-
TAKING
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to reckon with. As managing director, her business acumen has enabled her to partner with her husband, Dr A F Pinto, Chairman, Ryan Group, in building one of India's largest privately owned and managed chain of K-12 institutions spread across 40 cities and 18 states, educating over a quarter of a million students technology-integrated pedagogy across curricula. Over the years, she has learned that life is a process of learning, risk taking, envisioning and establishing newer frontiers only to be challenged and crossed again. Even during these challenging times of the pandemic, she ensured that the teaching-learning process continued on the virtual interactive platform across all her schools. >



RAJSHREE PATHY

Entrepreneur

Why you should know her: Rajshree Pathy is the chairperson and managing director of the Rajshree Group of Companies, and founder of the India Design Forum. She co-founded [Kama Ayurveda](#), one of India's first luxury Ayurveda beauty companies. Her father's unexpected death during her early 30s might have forced her initially to be involved in the family business, but this Harvard Business School graduate has added her own vision and actively contributed to its growth.

Why we think she's fabulous: A scuba diver, fashionista, art collector and Ayurveda devotee, Pathy is a multi-faceted personality. Be it in business, creativity or leisure, she tries to uncover a deeper purpose. Under her leadership, the Rajshree Group of Companies, once known as a flourishing sugar business, has diversified into various sectors including travel, natural healthcare, biotechnology and design education.

VANDANA SHIVA

Environmentalist

Why you should know her: Vandana Shiva is a modern-day revolutionary who has been spearheading a battle in support of humanity and natural systems for nearly five decades. Her movement, Navdanya, focuses on biodiversity conservation and organic farming, which supports the grassroots networks. Shiva has invested herself in campaigning against genetic engineering and the negative impact of [globalisation](#), advocating for the crucial importance of preserving and celebrating biodiversity.

Why we think she's fabulous: A trained physicist with a PhD from the University of Western Ontario in Canada, Shiva set up the Research Foundation for Science, Technology and Natural Resource Policy in her hometown, Dehradun. The author of 20 influential books, she has been a tireless crusader for the rights of farmers, peasants, and women all her life.





SMRITI MANDHANA

Cricketer

Why you should know her: She's the girl who holds records and has led the country to a win many times over. The opening batswoman for the Indian cricket team, [Smriti Mandhana](#) was named Best Women's International Cricketer in June 2018 by the Board of Control for Cricket in India. Known for scoring the fastest 50 for India in the Women's T20I off just 24 balls and second only to Shikhar Dhawan in scoring the fastest 2,000 ODI runs, she is the recipient of the prestigious Arjuna Award.

Why we think she's fabulous: Mandhana is setting all the right benchmarks for young aspirants. She is gradually but successfully bringing attention to the dynamics of women's cricket in an otherwise men's cricket-loving country. Mandhana isn't one of those who is easily swayed by accolades; she continues to strive towards bringing India glory. Training, practising, leading and performing to achieve that goal, while motivating millions, make her worthy of every recognition.

DR SHRUTI NAIR

Change Leader

Why you should know her: As the South Asia Director of the youth programme at Ashoka, the world's largest community of social entrepreneurs, Dr Shruti Nair is leading the 'Everyone a Changemaker' movement by guiding powerful teenagers who have launched social initiatives, formed peer-led teams, and created solutions for the good of all, while motivating others to join in. With rich experience in measuring and communicating social impact as well as a long-term commitment to creating positive change, she has established herself as an influential member in the social impact sector.

Why we think she's fabulous: Throughout her career, Dr Nair has championed the cause of equal representation and opportunities for young girls. She has identified and supported young women across India and Bangladesh in leading powerful initiatives that address issues like financial inclusion, menstrual hygiene, and gender inequality. By encouraging a changemaking and entrepreneurial mindset in these women, and simultaneously working at the grassroots level, she is redefining what it means to grow up in today's world. >





PRIYA PAUL

Corporate Powerhouse

Why you should know her: The chairperson of Apeejay Surrendra Park Hotels, Priya Paul both faced challenges and tasted success early in life, when she had to take on the responsibility of looking after three hotels post the demise of her father. Equipped with degrees from Wellesley College, Harvard Business School, and INSEAD, she has brought that number up to 17, and is considered the superwoman of the [hospitality industry](#).

Why we think she's fabulous: As an art collector and design aficionado, Paul is the creative powerhouse behind the country's leading collection of contemporary luxury boutique hotels. Dubbed one of Asia's most powerful businesswomen, she has holdings in the shipping, real estate, retail, and finance sectors.



PHOTOGRAPH: T.MALLIKARJUN/BCCL



ANITA DONGRE

Fashion Designer and Entrepreneur

Why you should know her: Anita Dongre is the founder of House of Anita Dongre, which shelters established clothing brands like AND, Global Desi, the Anita Dongre label and a handcrafted jewellery brand, Pink City. A design graduate from SNDT University in Mumbai, she now has over a hundred stores retailing her designs with a turnover of more than 400 crores. Dongre is not just Bollywood's go-to fashion designer; she has also revolutionised the commercial aspect of the fashion industry.

Why we think she's fabulous: Born into a highly conservative Sindhi family whose women did not work, Dongre has gone on to head a multi-hundred-crore fashion business. It was the sheer passion she had for designing clothes that compelled her to start small with her sister. Following the graph of her success from that small start is truly inspirational.

DR KAVITA LOHIYA BAJPAI

Education Visionary

Why you should know her: Dr

Kavita Lohiya Bajpai, an educationist par excellence, has always been an aspirational and progressive leader. With a master's degree in physics and a doctorate in education, she possesses multifaceted and cross-dimensional experience of over two decades in the field of education.

She has been focused on the child-centric approach of building great minds with warm hearts, from a very early stage in her career. The desire to contribute to the ever-evolving education system motivated her to move out of limiting herself as a school leader and get associated with various institutions for skill development, training programmes, workshops and professional development of the teaching community.

A poet at heart, Dr Bajpai has done phenomenal work with community engagement initiatives and has been an active member of various groups working for the upliftment of craftsmen, artisans, and musicians during the COVID-19 pandemic.

Why we think she is fabulous:

Dr Bajpai is passionate about heritage conservation, innovative education solutions, and above all, her dream project—of building her own school. With an aim to equip all with quality education and a mission to empower the learner-educator community, she has successfully accomplished today, The International School of Thrissur with the best pedagogical approaches.

With the firm belief that children have the ability to express themselves in more ways than one, she endorses celebrating the uniqueness of each child. To achieve this goal, she believes that large scale training of



DR BAJPAI IS
PASSIONATE
ABOUT
HERITAGE
CONSERVATION
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SOLUTIONS.

educators is imperative. Dr Bajpai is working towards creating a community of such torch bearers who can guide children towards the right path to become compassionate global citizens and fulfil their dreams and aspirations in their chosen interest areas.

She is passionate about reaching out to children who are deprived of quality education and children with special needs. To accomplish her mission, she has developed a path-breaking programme for kids between the ages of three to 12 years. The pedagogy has been designed for the needs of our country, and she has been engaging with various governments for its execution at the grassroots levels. >

REVATHI ROY

Serial Entrepreneur



PHOTOGRAPH: NITIN SONAWANE/BCCI

Why you should know her: Pioneer of the first all-woman taxi service and the first all-woman last-mile delivery service, [Revathi Roy](#) went from being a homemaker to being the breadwinner of the family. From driving a cab on the streets of Mumbai to setting up a hyper-local logistics venture Hey Deedee, she has overcome difficult personal challenges to get to where she is now. She won the Femina Women Jury Award 2017 for Social Impact, and was named one of India's most powerful women in 2019. John Abraham's JA Entertainment will make a biopic on her, based on author Swati Lodha's book, *Who Is Revathi Roy?*

Why we think she's fabulous: Roy's life story is one of riches-to-rags-to-revolution, as her book summary succinctly puts it. She has won over a hundred national and international awards for her exemplary work, including recognition from Niti Aayog in 2016 and the World Bank in 2018. She has helped over a thousand underprivileged urban women stand on their own feet by training them to be commercial drivers.

VINESH PHOGAT

Wrestler

Why you should know her: Vinesh Phogat is the first Indian woman wrestler to win gold at both the Commonwealth and Asian Games. She hails from a family of well-known women wrestlers in Balali, Haryana. Aamir Khan's biographical movie *Dangal* is based on her cousins Geeta Phogat and Babita Kumari (international wrestlers and Commonwealth Games medalists as well), and her uncle, wrestler Mahavir Singh Phogat, under whom Vinesh has trained, growing up.

Why we think she's fabulous: Vinesh has won many silver and bronze medals for India, and has bagged five gold medals internationally. Her technical superiority in each of her matches against her local and foreign opponents has been highly lauded. She dealt with immense pressure growing up as she, too, faced opposition from her community in Haryana. She has overcome tough challenges and is a role model for girls across the country today.



PHOTOGRAPH: VINAY JAVKAR



ROHINI IYER

Entrepreneur

Why you should know her: The founder and director of Raindrop Media, India's foremost reputation management company, Rohini Iyer is one of the most influential women in Bollywood, known to be responsible for tremendous growth in her superstar clients' brand value courtesy her strategic counsel.

Why we think she's fabulous: Not one to rest on her laurels, Iyer has expanded her company to handle reputation management for films, as well as digital media content creation and packaging. Currently setting up offices in Los Angeles, Dubai and London, the award-winning entrepreneur has been a part of many lists of India's most powerful women, and has featured in many books on influential women. She is known for empowering women professionals in Bollywood, and championing gender parity in the film industry.

PHOTOGRAPH: ROHAN SHRESTHA



JHUMPA LAHIRI

Author

Why you should know her: Jhumpa Lahiri is to literature what Satyajit Ray is to cinema—take them out of the picture and you have an almost empty canvas. Author of books like *The Interpreter of Maladies*, *The Namesake*, and *The Clothing of Books* among others, the Pulitzer Prize-winning writer has proved to be one of the most creative minds of our times. Her books are indulgent, inviting your imagination to feast slowly and succulently on their subjects.

Why we think she's fabulous: Born in London and raised in the US, Lahiri decided to move to Rome and begin writing in Italian (*In Other Words*). A virtuoso in English but a novice in Italian, she nevertheless wants to conquer the unknown—a virtue that makes her stand out in a sea of storytellers! >

PHOTOGRAPH: SAYANTAN GHOSH/BOCL

VRINDA GROVER

Lawyer and human rights activist

Why you should know her: Delhi-based Vrinda Grover has appeared in many landmark human rights cases. She has represented women and child survivors of domestic and sexual violence as well as victims and survivors of communal massacres. Named one of the 100 most influential people in the world in 2013, her work has also earned her an honorary degree from the SOAS University of London in 2018. She has practised advocacy globally with UN human rights mechanisms including the Universal Periodic Review and the UN Women India Civil Society Advisory Group.

Why we think she's fabulous: We laud her contributions to drafting laws like the [Criminal Law Amendment](#) to the law against sexual assault in 2013, the Protection of Children from Sexual Offences Act in 2012, the Prevention of Torture Bill in 2010, and a law for protection from communal and targeted violence.



PHOTOGRAPH: SAMIK SEIV/BCC



YASMIN KARACHIWALA

Celebrity Fitness Trainer

Why you should know her: As someone who's got half of Bollywood into shape, [Yasmin Karachiwala's](#) is a hard-to-miss name. The Mumbai-based fitness instructor has been personal trainer to celebrities like Deepika Padukone, Alia Bhatt, Katrina Kaif and Kriti Sanon. She specialises in Pilates and strength training. In 2015, she released *Shape and Sculpt: The Pilates Way*, a book in which she shared her experiences.

Why we think she's fabulous: Synonymous with fitness and body positivity, Karachiwala has been instrumental in changing the perception of fitness from being synonymous with skinny to being associated with healthy. Having created a reputation for herself as one of India's first-ever Pilates trainers and as a body sculptor, she started with one fitness centre in Mumbai and has now expanded her business overseas.

FLIGHT LIEUTENANT SHIVANGI SINGH

Fighter Pilot

Why you should know her: Flight Lieutenant Shivangi Singh will be the first woman fighter pilot in the country to fly the multi-role air dominance aircraft—the [Rafale jet](#)—even as tension looms at the borders with China. Commissioned into the Indian Air Force's fighter stream in 2017, Singh flies the MiG-21 Bison, the oldest combat aircraft in the force's inventory. She is currently undergoing conversion training to join 17 Squadron, the Golden Arrows, in Ambala.

Why we think she's fabulous: Singh is only one of 10 women fighter pilots in the country, and is all set to make history, since combat roles have been off-limits to most of the 4,000 women who serve in the Indian Armed Forces.

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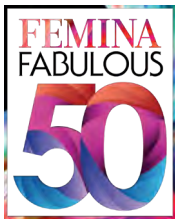
PHOTOGRAPH: SAMIK SEN/BCCL

MASABA GUPTA

Fashion Designer and Actor

Why you should know her: Fashion designer, body-positive activist, social media influencer, and now, an actor with a successful debut series, it is difficult to constrain Masaba Gupta's introduction into a single dimension because, like her personality, her career report card has been multi-faceted. Born to actor Neena Gupta and West-Indian cricketer Vivian Richards, she found herself under the limelight very early on, but her career and individuality helped her carve her own niche.

Why we think she's fabulous: Gupta has never restricted herself to just being a fashion designer and entrepreneur. Through her personal social media presence, she didn't just manage to become the face of her brand, but has also emerged as a representative of the average Indian woman who doesn't fit the one-dimensional beauty standard of society. Alongside the growth of her eponymous label over the last 10 years, Gupta has also broadened her own horizon. From creating a cosmetics line to acting in a show for an OTT platform about her own life, Gupta has done it all. >



VANITHA NARAYANAN

Business Head

Why you should know her: Born and raised in India and then having studied and worked in the US, Vanitha Narayanan is currently the managing director of Verizon Global Account, IBM Global Markets. She had a decade-long stint with IBM across [leadership](#) positions, including as chairman of IBM India in 2017-'18, after which she returned to the US. With over 30 years of experience working with multiple client sets and in several countries, she has led several leadership development and diversity initiatives.

Why we think she's fabulous: Narayanan began her working life in the US as a store clerk in a home linen department store. Like most children growing up in middle-class households, education was her biggest goal, especially with neither of her parents being able to complete college. Her career graph proves that nothing is impossible!

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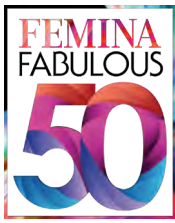


DR PURNIMA DEVI BARMAN

Environmentalist

Why you should know her: 'Hargila Baido', as Dr Purnima Devi Barman is popularly known, is one of India's foremost environmentalists. The wildlife biologist, who works with Aaranyak, an NGO in Assam, has been conferred with the highest civilian award for Indian women, the Nari Shakti Puraskar in 2018.

Why we think she's fabulous: Dr Barman got her award and her name from her work with the highly endangered greater adjutant stork, locally called the hargila stork. Over the last 10 years, she has worked to help locals in Assam's Kamrup district to transition from demonising the bird to protecting it. The community, which once thought of the carnivorous bird as untouchable, has now embraced the stork. They no longer cut the trees in which the birds nest, and they rescue and rehabilitate the baby birds that fall out of nests. The multiple award-winning conservationist now leads a Hargila Army of 200 women who work with her for the conservation of the species.



HIMA DAS

Indian Sprinter and Social Worker

Why you should know her: The Dhing Express, as Hima Das is called for her village, Dhing, in Assam, was conferred the Arjuna Award in September 2018. She won gold at the World U20 Championship in 2018, going on to win another four more golds in July 2019.

Why we think she's fabulous: The daughter of an Assamese farmer, Hima has always been an avid athlete, first playing football and then switching to track to bring her village and her country glory. This she achieved despite having to run across paddy fields in the absence of a training track in the village, and continuing to work in the family rice fields. As she continues to train, she also works to raise social awareness about the evils of alcoholism among her fellow villagers, and to help the less privileged. Hers is a story that inspires not just the people around her, but also young people across the country; recognising this, UNICEF India appointed her the country's first-ever Youth Ambassador in 2018.

PHOTOGRAPH: VINAY JAYIKAR



PHOTOGRAPH: RAMMORTHY P/BCCCL

KIRTHIGA REDDY

Corporate Powerhouse

Why you should know her: Businesswoman Kirthiga Reddy is SoftBank's first female investing partner; she was formerly the managing director of Facebook India.

Why we think she's fabulous: One of the leading forces behind Facebook India's growth, Kirthiga now shines as a venture partner for SoftBank's US\$100 billion Vision Fund. Born into a middle-class family in India, she moved to the US to do an MBA from Stanford University and an MS in computer engineering from Syracuse University, before working with companies like Motorola and Silicon Graphics, where she was the youngest director of engineering and the only woman at that level in her team. Counted repeatedly among India's most powerful women, Reddy has many firsts to her name, and these have been hard won and well deserved. Notably, as Facebook India's first employee, she set up the country operations from the ground up, even opening up the office shutters on the first day. She is now looking to actively recruit more female investors for SoftBank. >



USHA KAKADE

Philanthropist

Why you should know her: When she set foot in the real-estate industry 15 years ago, there were hardly any women working in the sector. Since then, Usha Kakade, Chairperson of Gravittus Corp and founder president of Gravittus Foundation, has diversified her company's portfolio into sectors like healthcare, FMCG and education. A firm believer in women power, she believes "every woman has a good quality within her, which needs to be identified and developed. It takes a village to raise a child; it takes a woman to raise the whole nation." With this thought in mind, she founded Gravittus Foundation to work for the social, educational, economical, and overall development of women and children. At present, the foundation is working on the '[Good touch-bad touch](#)' project, which aims to spread awareness among school children about safety and precautions pertaining to their security. The ambitious project aims to cover a total of six lakh students from close to a thousand private and public schools across the Pune district. The Gravittus Foundation, in association with UNICEF, organised a Roundtable Conference on the Rights of the Child for Entertainment Industry People in 2019 to generate awareness on the rights of the child. The foundation is also set to start counselling cells in a few schools in the Pimpri-Chinchwad, Pune, in association with Mpower, a mental health initiative of the Aditya Birla Education Trust.

Why we think she's fabulous: Her ability to juggle it all—being an entrepreneur, a humanitarian and a mother—is something to take notes from. Kakade manages the changing demands of each role with panache. When asked what inspired her to get into philanthropy, she simply says, "We have received a lot from society and it is our rightful duty to give it back."

MANASI JOSHI

Para-Badminton Player

Why you should know her: A para-badminton athlete who is World No. 2 in SL3 Singles, [Manasi Joshi](#) started playing badminton at the age of six. The qualified electronics engineer injured her leg in a motorbike accident in 2011, and had to have it amputated. Badminton, which was part of her rehabilitation routine, then became her sport after she tried out and was selected for the national team. She has since won several medals, including the gold at the Para-Badminton World Championship 2019 in Basel, Switzerland.

Why we think she's fabulous: Apart from bringing glory to the nation with her wins, she is set to win the hearts of young girls across the world with a one-of-its-kind Barbie doll modelled on her. Joshi maintains that, although she didn't win her first international tournament (in Spain), she did, for the first time, feel the "transformational power" of the sport. She now has her sights set on the mixed doubles event at the Paralympics in Tokyo next year, training hard with partner Rakesh Pandey.



NIDHI PANT

Innovator

Why you should know her: Nidhi Pant won the ET Award for Emerging Innovator of the Year last year for her initiative S4S (Science for Society) that is helping India's beleaguered farmers reduce post-harvest losses and make ends meet.

Why we think she's fabulous: Pant transformed personal hardship into an impetus to find solutions. Born into a farming family in Uttarakhand, she saw first-hand how difficult it was to make a living from the land; in fact, in the face of unstable weather and unstable land, India loses many millions of tonnes of agricultural produce each year to post-harvest losses. Determined to improve conditions for farmers, reduce waste and prevent starvation, Pant enrolled to study engineering, and went on to harness technology to her cause. S4S has developed a solar-powered conduction dryer that allows farmers to easily dehydrate fruits, vegetables, spices, meat and fish, facilitating their storage for longer.



PHOTOGRAPH: BCOL



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ZOYA AKHTAR

Filmmaker

Why you should know her: Zoya Akhtar's exemplary filmmaking vision and talent have crossed oceans and gone international, after *Gully Boy* was selected as India's official entry at the 92nd Academy Awards. After graduating from NYU, she joined the Akhtar family wall of fame as one of the most successful filmmakers in Bollywood with her blockbuster debut, *Luck By Chance*. Her penchant for breathing life into stories won her the nod of approval from everyone who is anyone in the film industry and, obviously, from the audience.

Why we think she's fabulous: Right from her debut film to her latest release, Akhtar has been a trailblazing force in Indian cinema. Somewhere between her iconic hits like *Zindagi Na Milegi Dobara* and *Dil Dhadakne Do*, in which she challenges normalised social issues, the audience became besotted with her. Now, she has dipped her toes into short series with *Lust Stories* and *Made In Heaven*, venturing into unexplored themes, kickstarting a dialogue about taboo topics in India. **F**



HOW MUCH MONEY DO INDIANS HAVE IN THEIR SAVINGS OR AN EMERGENCY FUND?



[CLICK HERE TO READ MORE](#) 

PHOTOGRAPH: SHUTTERSTOCK
IMAGE FOR REPRESENTATIONAL PURPOSE ONLY
* SOURCE: A 2018 RESEARCH BY DEALSJUNNY.COM ON SPENDING STATISTICS OF INDIANS

With consumerism and overconsumption killing the planet and emptying our wallets, it's about time we acknowledge that certain thrifty habits implemented by our folks in their day-to-day living, are just what we need to adopt now, to maximise our savings during the economic slowdown. So, next time think twice before discarding that garment which no longer serves your purpose since you could recycle it, or hold on to those glass bottles and containers which can be put to myriad uses in your household.

According to Satishwar Balakrishnan, Chief Financial Officer, Aegon Life Insurance Company, "When young people start earning, most of them spend their salaries on eating out, new clothes, and expensive gadgets. But I remember how my parents taught me to save for both, short-term and long-term goals. I had made it a priority very early in life to get myself a term [insurance plan](#). Also, a portion of my monthly earnings is moved into funds for earmarked objectives (kids' education/ retirement/ holiday plan). This kind of basic financial discipline assures one's stability in the long run. Also, think before you spend. Give it a minute and ask yourself if you really need it. That's the rule I have always followed."

We bring you a few crucial tips that we need to learn from our parents to increase savings, the old-fashioned way.

Reuse and recycle



One of the most enduring memories that many of us have of our parents is how they would reuse and recycle every little thing. Delhi-based restaurateur Sharmishtha Mukherjee Cheema, 44, founder, Tenali—The Andhra Kitchen, remembers how the elderly women of her household would make blankets and quilts from old saris. "I have grown up seeing



LESSONS IN THRIFT

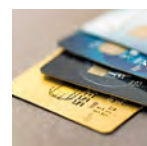
Remember how our parents were careful with money and prudent with expenditures? Well, those thrifty habits are the need of the hour, finds **Anindita Ghosh**

my grandmother, mother, and aunts using their old cotton saris to make *kanthas*, which are layers of soft cloths stitched together to use as light blankets. At that time, I would wonder why they undertook the cumbersome task rather than buying them from the market. But now I realise the importance of repurposing rather than just discarding an object."

According to Dipika Jaikishan, Chief Investment Officer and co-founder at Basis, a personal advisory for women, one should reuse products and buy goods made with durable material (steel, cloth, jute) so you don't waste money on repeat purchases. "These lessons

were forgotten by most of us and are coming back into practice," she says.

Differentiate between wants and needs



Do you remember your father rotating his few good suits throughout his life?

After all, in those days, suits were expensive and parents could differentiate between a need that had to be fulfilled right away and a luxurious want that could be postponed.

Says Vineet Patawari, co-founder of stock analytic app StockEdge and financial market learning portal >

Elearnmarkets.com, “It is important for us to distinguish between ‘wants’ and ‘needs’. For instance, reduce eating out or ordering in, and you will save your health and wealth. Don’t change your mobile phones frequently and avoid following fads. Keep credit cards for emergencies and don’t fall in the trap of minimum payments to avoid interest. The idea is to be conscious of all your spending, and cut corners wherever possible.” Frugality is a virtue that you should cultivate.

Budget your expenditure



Nothing is sweeter than the notification you hear when your salary is credited to your account.

However, it doesn’t take long for you to run through your money; and by mid-month, you’re already thinking of friends you can borrow from. This cash crisis, however, can be averted if you budget your expenditure right at the beginning of the month.

Communications specialist Ankur Talwar, 36, Delhi, recounts how a simple finance trick he learned

“ Learn to make sacrifices

“Every entrepreneur has to have an ability to postpone gratification and sacrifice present comforts for a better future. Hence being thrifty is a key quality. When we decided to start our entrepreneurial journey, we did some serious introspection on our spending habits, cut back on many frivolous expenses. Lavish vacations abroad were put on hold. Our car is now 10 years old and we shelved all plans to replace it (something I wouldn’t say as proudly if I were still a banker). These cutbacks were possible as I was taught the value of money and the need to spend it wisely since childhood by my parents. It is all thanks to them that I’ve been comfortable with these smaller (in hindsight, of course) sacrifices,”

Tejas Parulekar,
Founder, SaffronStays



Money saved is money earned

from his mother has held him in good stead. “My mother had a big bag with many pockets where she segregated her money. Each pocket had a name on it—milk, vegetables, travel, and fish. At the beginning of the month, she would put an estimated amount in each and spend from that. Miraculously there would be money left in each pocket at month-end which my mother would then use to buy something for the home, us or herself. This budgeting trick helps me keep a tab on my money and plan better,” he says.

Remember that while you plan for your regular expenditure, it is necessary to keep a contingency fund for unexpected expenses like medical emergencies or fee or taxes you have not accounted for.

Saving is a must



Carpe diem and living on the edge may sound terribly romantic, but a lack of proper financial planning can be disastrous. Saving a percentage of your income is essential so that you can build a little nest egg over time. “Generally, we save what is left after spending. Instead, we should first save a pre-decided portion of our income. For instance, set aside 20 per cent as savings to be invested appropriately

“ Live within your means

“I know every mother shares this lesson with her child. There are probably rare or no cases where our moms spend more than they have. The fact that they have probably only just started using credit cards also works for them. Do not borrow to spend, that’s not great financial practice.”

Dipika Jaikishan,
Co-founder and Chief
Investment Officer, Basis

and use the remaining 80 per cent for meeting your monthly expenses,” says Patawari. The money that you end up saving can be invested after you accumulate a certain amount. If you believe in traditional methods of investment gold is a sound mode that will fetch you good returns. “I have seen my mother save a part of the amount given to her for the household expenses. Once it reached a decent amount she used to invest in gold jewellery. I do the same today,” says Cheema.

Jaikishan approves of the practice. “Buy that one gm of gold every month. As old-fashioned as it may sound, to ensure that purchase, you have to cut down on some other unnecessary expenses. By practising this discipline, you also build an asset,” she advises. **E**



Don't Mind the **DISTANCE**

A long-distance marriage can be tough to sustain, but having a plan will help, says **Aishwarya Acharya**

Surviving a long distance marriage or a relationship can not only be difficult, but may also pose certain challenges when you are not prepared for it soon after you get married. It may happen because you are not able to move cities immediately after marriage and are forced to live apart. This distance can create a rift, if adequate effort is not put in. To avoid that scenario, couples can resort to chalking out a plan on how to manage the relationship. According to a 2012 study by the University of Denver, individuals in long distance relationships or marriages generally reported higher levels of relationship quality like greater dedication to their partners, having more fun and better conversations, and lower levels of feeling trapped than couples who lived together. Distance isn't necessarily a factor to be feared, but being prepared make the sailing smoother. Effective contribution from both, you and your significant other, can ease the collywobbles that come along with being in a long-distance marriage.

We bring your expert pointers in charting your plan, should you be in such a situation.

Keep The Communication Constant And Clear

Before tying the knot, it is essential that both, your fiancé and you are on the same page about how you are going to go about the course of the marriage. Spending time apart in different time zones is going to add to your woes. In such cases, gearing yourself up by discussing and understanding each other's expectations works well. Enginner Kanika Goyal has been living in Mumbai while her husband is based in Dubai since the last three years. She recalls, "My husband Sushant and I spoke regularly about how we would manage or how often we could actually meet in a year. That way, there was something to look forward to. Now, more than anything, we are >

used to the pattern and we know that no matter what, we will see each other in a few months.”

Openness in communication leads to security, suggests Bengaluru-based Mahesh Natarajan, a counsellor at InnerSight, which provides individual, marriage, child and adolescent, and family counselling. “It is about having a continuous sense of being connected. It comes from keeping in touch, deep sharing on thoughts and emotions. So, keep in mind a few guidelines: quick 30-second check-ins twice or thrice a day and 30-45 minute calls thrice a week without fail,” he mentions.

Fortify Future Plans

Most often than not, living away from each other is a temporary situation, so ensure the time spent apart is worth it. Utilise this time to talk about the time in future when you would start living together. List

It is natural to miss, and long for, physical touch and presence of your partner in a long-distance relationship.

down responsibilities, assess what needs to be struck off until you start living together and get on it. Discuss your financial standing and what your short- and long-term goals are. Mimansa Singh Tanwar, consultant psychologist, Fortis Healthcare, also suggests having a plan on meeting in place to help you look forward to something, amongst other things.

She says, “It is natural to miss and long for physical touch and

presence of your partner in a [long-distance relationship](#). It then becomes imperative to acknowledge the presence of such emotions, express them, and explore one another’s desires. Having a tentative plan in place for future meetings can provide comfort and reassurance.”

Engage In A Personal Project

There’s always a bright side to any situation. Use the distance as an opportunity to build yourself, rather than constantly worrying and sulking. Take up activities that help you grow in your field and take it upon yourself to reach a certain stage in life that you envisaged for yourself. This will ensure that conversations start getting more interactive and you have something new to share every time you pick up the phone. Singh Tanwar adds, “Reappraise the situation in a more positive way for example seeing this as an opportunity to have the space to pursue your interests and at the same time live your marriage like a young love can also provide strength and patience to sustain the physical distance while keeping the element of love and romance intact.”

Realise Your Self-worth

Keeping oneself in high regards for a relationship to survive is a must. Singh Tanwar opines, “As two individuals in a relationship, how you perceive yourself, relate to yourself and feel towards yourself plays an essential role in shaping the dynamics of the relationship. If you have a healthy and positive sense of self, you would be able to trust yourself better and translate the same in your relationship with your partner.” Individual security always contributes to building stronger trust in each other. Natarajan corroborates the idea, “It is difficult to build security with your partner unless you are secure within yourself. If both partners in a long-distance marriage are secure, mutual trust grows.” **E**

Engage in self-improving activities that keep you occupied.



DEAL OR NO DEAL?

What do you look for in a partner? Take this quiz and find out which trait is most important for you. By **Radhika-Sathe Patwardhan**

When looking for a partner, compatibility is of utmost importance, amongst many other factors. While he/she may tick all major boxes, there still might be some that don't meet your expectations. What traits do you hold dear in your choice of a partner? Take this quiz and find out.

You've had a busy day, and come home to find that your partner has made movie and dinner plans. What does he do after seeing how tired you are?

- A)** Asks you what happened. Cancels the movie, offers you a neck and foot massage, and orders in.
- B)** He hears you out. Gives you the space you need, and doesn't interfere with your 'me time'.
- C)** He tells you he's keen on watching the movie.
- D)** Forgoes the movie, but takes you out to dinner, where he regales you with stories.

A nightmare wakes you up with a startle. What does he do?

- A)** Asks about it. Holds you to reassure you, till you fall asleep again.
- B)** Gets water for you. Asks you if you want to talk about it.
- C)** Shares his nightmares, and assures you that you aren't alone.
- D)** Makes you forget your fears by cracking jokes.

You ask his opinion on an unflattering dress. What does he say?

- A)** You look good in anything you wear.
- B)** You must have chosen this dress for a reason.
- C)** While you look pretty, this dress is not up to the mark.
- D)** That might win an award at the Dreary Dress competition!



He has a job offer from another city but you don't have job prospects there currently. What does he do?

- A)** He looks for better options in the same city.
- B)** He helps you hunt for all possible options or an alternative career in the other city, and lets you take a call.
- C)** He lists all the pros and cons of his new job offer, and gives his honest opinion of the situation.
- D)** You guys decide on visiting each other on weekends till you can figure stuff out.

You both have had a fight in which you were right. What does he do?

- A)** He apologises, and discusses how to solve issues in future.
- B)** He apologises without being patronising about it.
- C)** He apologises but explains why he said those things, and states reasons he thought you were wrong.
- D)** He performs a whole dance number to apologise and makes you smile. **F**

Mostly As: Empathy

A partner who understands you can go a long way in a relationship. Even if your partner doesn't have similar first-hand experience of something, the ability to try and understand, and show compassion is what you look for in your partner.

Mostly Bs: Respect

Respect is essential, as is respect from your partner. To be respected for who you are, and what you believe in, is important to you. Someone who doesn't look down upon you and treats you as an equal is the perfect partner for you.

Mostly Cs: Honesty

According to you, the ability to trust your partner is crucial in a relationship. Any form of secrecy, or lies, even when told to protect you are not acceptable. Honesty is the best policy. The perfect partner for you is someone who is upfront and candid.

Mostly Ds: Humour

Laughter is the best medicine, and you appreciate that in a partner. A person who knows how to bring a smile to your face, even during tough times is someone to hold on to. You look for a partner who makes you laugh.

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AMIT AGGARWAL

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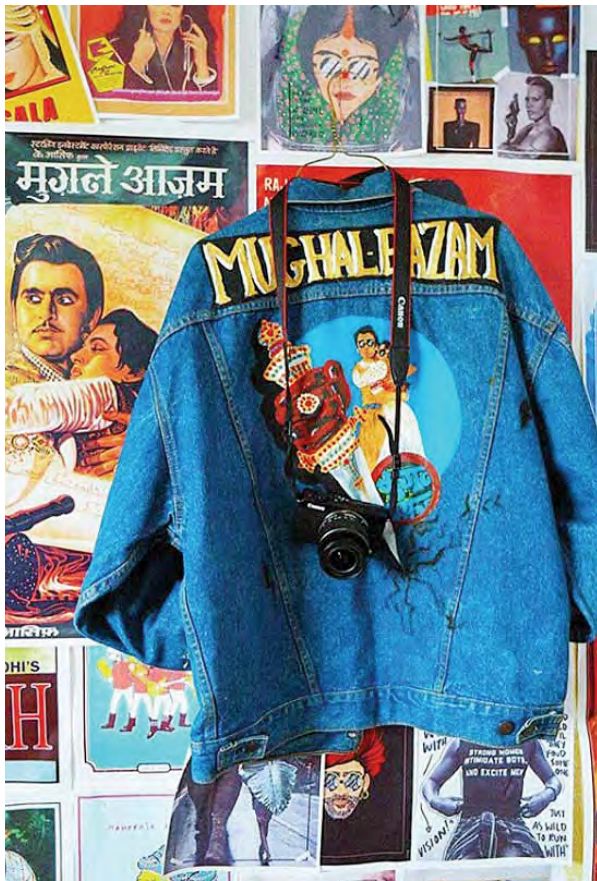
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UPCYCLE IN STYLE

Ruman Baig shares a list of innovative ways in which you can [revamp](#) your old clothes for a cool new look



The lockdown has forced most of us to tap into our creative sides. Some found their calling in the kitchen and are investing their time in perfecting the art of making banana bread, while others are entertaining netizens by rigorously performing TikTok dance routines. The idea is to find a creative outlet to release the anxiety, stress, and worry—which are at an all-time high due to the pandemic. But if you're a fashion enthusiast and baking/dancing doesn't cut it for you, we've found an innovative way for you to upgrade your closet. Since shopping in brick-and-mortar stores is a distant dream, and there's only so much dent your savings can bear from all the retail therapy, it's time to revamp the old wardrobe!

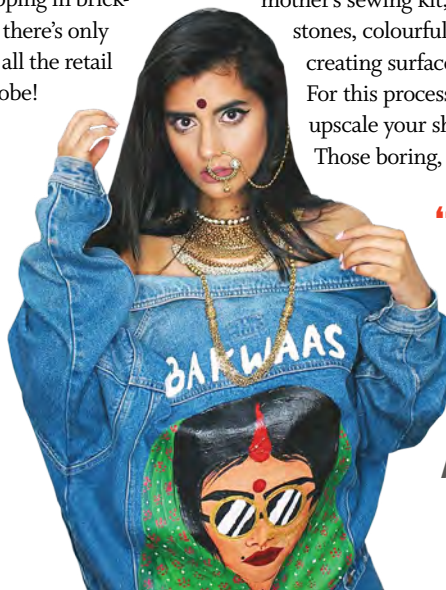
Hand Painting

This is a call-out to all the art geeks. Scavenge your old paints, brushes, and palettes that were covered in dust, thanks to your 9 to 5 routine. Make sure the paint you're using is acrylic and water-resistant. Pick a denim jacket, an old blouse, or a plain dupatta that can be glamourised, and get to work. Opt for patterns that reflect your personality. For instance, select a nice

floral motif or an abstract design that you saw on Instagram and saved a long time ago. After you're done painting, ensure you let it dry. Then, to set the paint, place a parchment paper on the design and run a hot iron over it. When it comes to aftercare, only wash it in cold water.

Embroidery and embellishments

This one will make your grandma real proud. Borrow your mother's sewing kit, find all the embroidery scrap (beads, stones, colourful threads, pearls, and hot glue) and start creating surface ornamentation on your old ensembles. For this process, you can extend your horizon and upscale your shoes and bags along with your clothes. Those boring, white sneakers you haven't worn in a >



“PICK A DENIM JACKET, AN OLD BLOUSE, OR A PLAIN SIMPLE DUPATTA THAT CAN BE GLAMOURIZED, AND GET TO WORK.”



“CREATE YOUR MATERIAL OUT OF THE OLD WASTE THAT DOESN'T FIT OR IS TOO WORN OUT TO BE REVIVED OR DONATED.”

while can use a little bling. Two different techniques can be applied for this activity, you can either use a glue gun and stick your beads or sew the tiny elements on the surface using a basic running stitch.

Patchwork

Want to create something quirky and out of the box? This technique will perfectly fit the bill. Find clothes that you don't want to resuscitate and don't mind cutting into. It could be an old dupatta with a chic border, a T-shirt with a funky print or an embellishment patch on an old top that can be used as material for this process. Create your material out of the old waste that doesn't fit or is too worn out to be revived or donated. Use it on a piece of clothing that can be upcycled, like a solid coloured T-shirt, shirt, jacket, or blouse and use it as your canvas. Create an abstract pattern out of all the scrap elements you've collected from your old clothing. You can either hand-stitch it or stick it with a glue gun. Play with colours and patterns, and mix it up to invent a whole new look for an old piece of clothing.



Snip and slash

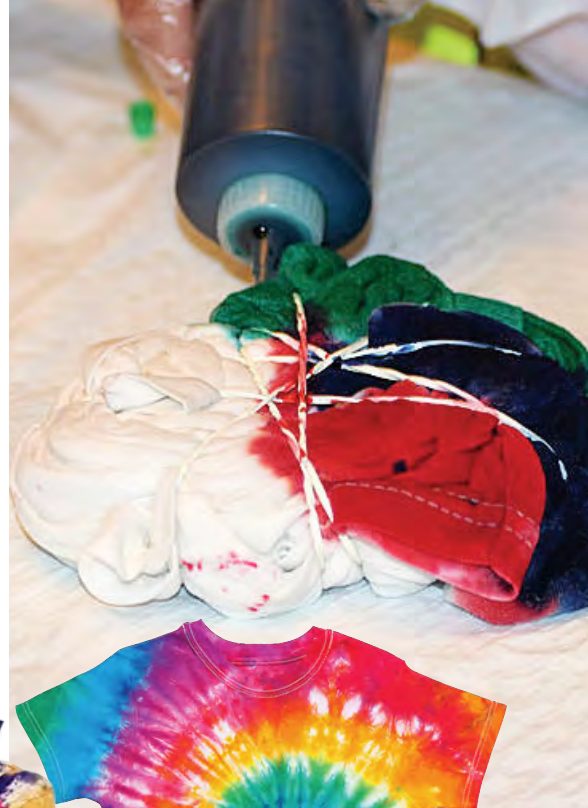
This method does not involve any sewing, sticking, or patching, it's all about cutting and slashing. Turn your regular leggings or old T-shirt into a new and hip cut-out attire with this technique. All you need is a pair of scissors and some genuinely good cutting skills to make this work. Fold the garment lengthwise, creating a layer, then cut vertical slashes on the seamless part of the layer, spacing them out by half an inch. Open the fold and lay the T-shirt flat, you will see horizontal cut-outs, and then pull the T-shirt width-wise to elongate the width of the cut-out. From the top, take the fabric between the first slash, and create a braid-like formation by knotting it all the way down, creating an intricate pattern. **F**

Colour Me Pretty

Ruman Baig shows you five tie-dye techniques to use this at home time to upcycle your clothes

There's a reason why tie-dye kits are under the bestseller section on popular e-commerce platforms during this lockdown. It is totally beating all the other DIY activities/games, and why not, since which other task will upgrade your boring old sweat suit into a funky new ensemble? The trend that saw a resurgence last year during the Coachella Valley Music and Arts Festival (remember Gigi Hadid's tie-dye vest at the fest?), has only grown in leaps and bounds. YouTubers and TikTokers are garnering millions of views from basic tie-dye videos, further contributing to the popularity of this art.

If your lack of productivity is making you shop online during this time and putting a dent in your savings, hold that thought and get onto the tie-dye bandwagon. Not only will you save some coins, your boring old clothes will get a 2.0 spin. Also, nothing says bohemian-chic like a tie-dye outfit, you can give it your



own take by creating it at home.

If you're out of luck and cannot get your hands on ready-to-use tie-dye kits, fret not, you can make your own natural dye at home. Besides colour, it requires routine items like thread, coins, cereal, washing powder, and other easily available materials.

Before starting the dyeing process, you need to treat your clothes with a colour fixative. If you're using berries as your natural dye, then you need to add salt, and if you're using a plant, then use vinegar with your fixative. Soak the garment in four parts water and one part fixative, and bring it to boil to prepare it for the dyeing process. After that, rinse it under cold water and you're good to go.

CREATE YOUR OWN NATURAL DYE AT HOME

The simplest way to create natural dye at home is by using different food products. These ingredients are always found resting in your kitchen. Here's your guide:

ONION SKINS: yellow/orange

BUTTERNUT SQUASH HUSKS: yellow/orange

COFFEE GROUNDS/TEA: brown

WALNUT HULLS: brown

STRAWBERRIES/CHERRIES: pink

ROSES: pink

RED CABBAGE: blue/purple

BEETROOT: deep red

ANY RED LEAF: reddish brown

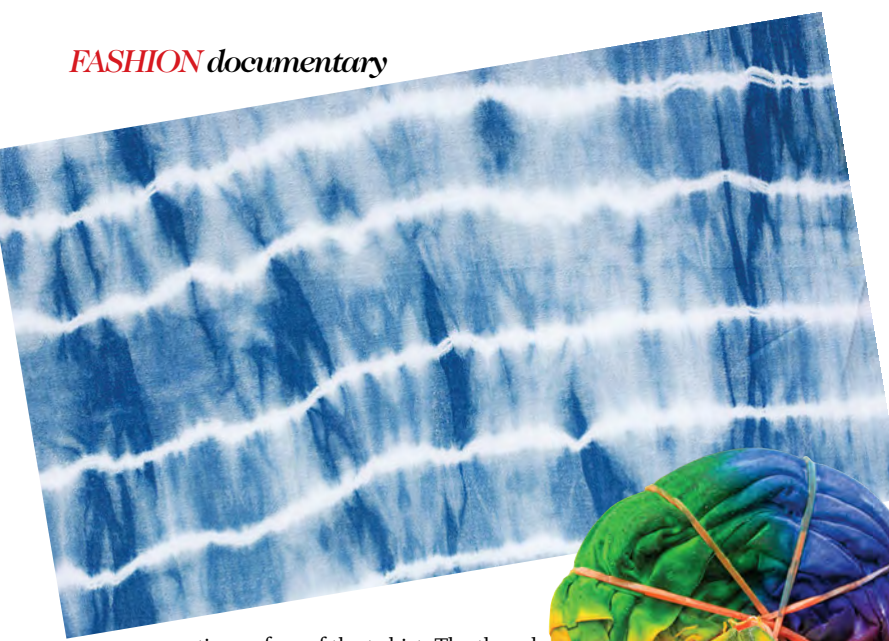
TURMERIC: yellow

CELERY LEAVES: yellow

TRY THESE FIVE DIFFERENT TIE-DYE TECHNIQUES YOU CAN USE AT HOME

Bullseye pattern

For this pattern, pinch the centre of the T-shirt and twist it into a ball. Tie a thread or rubber band on the >



entire surface of the t-shirt. The thread tie-up should resemble a spinning wheel, creating multiple triangles within the circle. Make sure there is a one-inch gap between each triangle, and its evenly spaced out. Apply the different colours on alternate triangles then keep it to dry. Untie the threads after eight hours, wash the T-shirt with a little detergent and let it dry in the sun.



Striped pattern

Fold the T-shirt, starting from the bottom, pleating it like a fan. Once you reach all the way up, it should look like a vertical log/stick. Tie two rubber bands it across the stick horizontally to hold the pleats together. Then fill each thin pleat section with a different colour, let it dry for eight hours and follow the washing process mentioned above.

Polka dot pattern

Take a few of coins or beans of the size you prefer, and place them on the T-shirt with adequate distance in between them. Cut old plastic wraps in circular pieces, bigger than the coins/beans used, and place one plastic cover over each coin. Then tie the plastic covered area tightly with a thread or a rubber band, fixed on the edges of the coin. Spray the rest of the fabric surface with one or more colours of your choice, let the colours dry for eight hours, and follow the washing process.

Chevron pattern

Lay your T-shirt/shirt flat, fold it halfway length wise, then

keep folding it in pleat like form, the shirt should resemble a vertical log. Tie a thread or rubber band diagonally, creating a chevron pattern, leaving a gap of four to five inches of gap in between. Fit the gap with different shades or opt for a solid colour. After eight hours of drying, untie the outfit, wash it, dry it, and flaunt your creativity.

Shibori pattern

Twist and turn your T-shirt from the top all the way to the end, place it down on the surface, and swirl it in a circular motion, creating a giant flat disc-like structure. Then tie it with a thread or rubber bands, leaving one-inch triangular space between each wedge. Fill those triangular spaces with one or more colours and then leave it to dry for a day. Untie the threads, wash it and hang it to dry in the sun. **F**



Wonder Weaves

The world of fashion is shifting; designers are slowing down and returning to their roots. [Weaves](#) are being reimagined and presented in avant-garde style, perfectly juxtaposing the old and new

SCARLET FEVER

Shades of red in pure handloom Katan silk saris draped into one.





GOLDEN HOUR

Silk golden tissue lehenga with meenakari flower motifs, organza zardosi work dupatta.



IVORY DREAM

Off-white handloom
Katan silk with
silver antique zari
weave.

GREY AREA

Katan silk sari with
'Mata ni pachedi'
pattern all across in
silver zari weave.



PASTEL PARTY

Pure Katan silk lehenga in blush pink with silver zari weave and a geometric all-over pattern. **F**

FASHION unstoppable at any age

Love diamond charm necklace, ₹33,846, **Meira T**

Hand cuff, price on request, **Rajesh Tulsiani Fine Jewellery**

Diamond lightning bolt stud earring, ₹21,491, **Maria Tash**

Diamond fringe hoop earrings, ₹46,539, **Meira T**

Livi gold heart bar diamond necklace, ₹11,204, **Dana Rebecca Designs**

20s

ON THE rocks

Diamonds are forever. We bring you a fine assortment of extravagant pieces to help you shine on



NOTEBOOK



Diamond studded handcuff, price on request, **Rajesh Tulsiani Fine Jewellery**



Liora graduated diamond pear stud earrings, price on request, **Bony Levy**



Bracelet studded with ruby beads and fine-cut diamonds, price on request, **Shobha Shringar Jewellers**

Blue sapphire & diamond shaker necklace, ₹33,772, **Meira T**



Riva diamond hoop drop earrings, ₹37,993, **Monica Vinader**

30s

STYLE TIP
Pair dainty diamond jewellery with solid separates to add a touch of glamour. >

DHI



DIYARA/WIR

40s



Hand cuff, price on request, **Rajesh Tulsiani Fine Jewellery**



Multiple bar diamond statement ring, price on request, **Bon Levy**

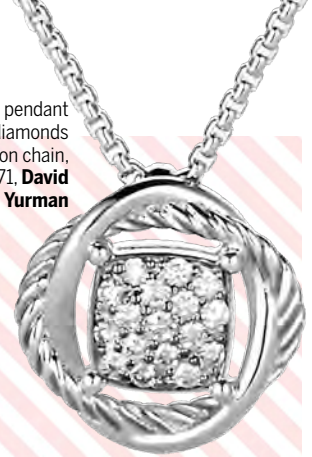
Bracelet studded with rubies and fine-cut diamonds, price on request, **Shobha Shringar Jewellers**



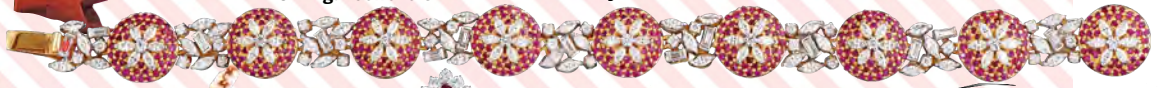
Diamond ruby earcuffs, price on request, **Rajesh Tulsiani Fine Jewellery**



Bracelet studded fine-cut diamonds, price on request, **Shobha Shringar Jewellers**



Infinity pendant with diamonds on chain, ₹47,971, **David Yurman**



Lauren Joy' Diamond Disc Pendant Necklace, ₹21,107, **Dana Rebecca Designs**

Red diamond ruby earrings, price on request, **Rajesh Tulsiani Fine Jewellery**

Mika love heart shaped diamond earrings, ₹38,077, **Bon Levy**

Mini cluster diamond bracelet, ₹47,971, **Monica Vinader**

Luminus diamond ring, price on request, **Hueb**

STYLE TIP
Pair your elaborate couture ensemble with diamond earrings and handcuff, instead of a necklace. **F**

50s



MARC JACOB

WARRIORS FOR THE EARTH



What does [sustainability](#) in fashion entail? These designers, who have consciously opted for ethical choices that cause lesser harm, or even help the environment, share insights with **Ruman Baig**



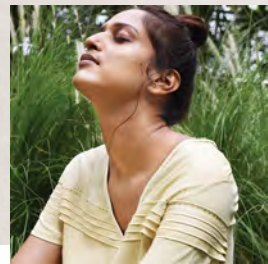
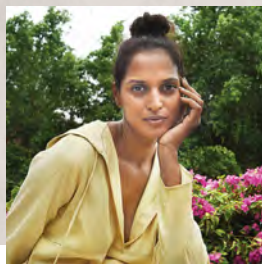
DIDIER LECOANET HEMANT SAGAR (AYURGANIC)

"Ayurvedic textiles take from the earth what they can return. Set up in 2011, the concept of Ayurganic clothing is to not rip away the nutrients of the planet; it is to give back what is taken. The fabric when washed in the river after dyeing, emits medicinal properties, which help increase the fish population. It relieves people of skin ailments, if they use this water for bathing regularly. The fabric also lasts a lifetime, if taken care of properly. Our target audience are people who are willing to make more conscious choices when it comes to clothing. The one who understands, if not now, then when?"



PERNIA QURESHI (GUR ORGANIC)

"We try to incorporate other eco-friendly fabrics, in addition to the organic cotton and hemp we use. We completely refrain from using any kind of plastic-derived trims like regular plastic buttons, elastics, and zips. We have thoughtfully designed Gur to be a sustainable clothing line, to help change the norm of the fast-fashion industry and its impact on global environment." >





SHRUTI SANCHETI (PINNACLE)

"As a label, we extensively support, work, and promote local weaves, weavers, and indigenous crafts. Our brand strongly advocates the concept of repeating clothes, with multiple-use separates, and non-season specific clothing, that promotes slow fashion. We try to work with natural fibres and consciously avoid petroleum-based fabrics. Cotton creates large carbon footprint. We use an organic version which is less destructive. In our block/screen printing and dyeing unit, we use natural, and azo-free dyes to help the environment; we lend the left-over dyes to students from fashion colleges to create their samples. The brand supports local NGOs for creating accessories for our collections, and donating leftover fabrics to them for further use."



MAYURA DAVDA SHAH (MAYU)

"Sustainability means paying respect to not just the environment, but to citizens of today and tomorrow. It also means running your enterprise the right way, and sustaining it over a long haul. The idea takes us back to our roots, the way things were crafted back then—by being in harmony with nature, and that is how we aim to be. Whether it is R&D, or our choice of innovative materials, our practices, or the way we engage with the MAYU tribe. Our latest line is completely vegan, and is made from upcycled pineapple leaves. Sustainability may seem like the buzz word today in many countries, but, I think that it is sure to become the new norm with the way consumer demands are shifting. I am optimistic about the times ahead in the global fashion and business world." **F**





SIGN OF THE TIMES

A watch is an outfit's best friend! Check out the coolest watch trends of this season to match with your looks



1. Rendez-Vous alligator and diamond watch, price on request, **Jaeger-LeCoultre** **2.** Panthère de Cartier Manchette white gold and diamond watch, price on request, **Cartier** **3.** Grand Soir Reine Des Abeilles watch, price on request, **Dior** **4.** Happy Sport Joaillerie, price on request, **Chopard** **5.** Limelight Gala diamond watch, price on request, **Piaget** **6.** Da Vinci automatic watch, price on request, **IWC Schaffhausen**

FEMINA

BEAUTY

FEMINA
LOVES



PHOTOGRAPH: IMAXTREE

MODERN MUSE

Muted tones, flushed cheeks, and glowing skin made it big on Indian and international Spring/ Summer 2021 runways. Although face masks bring the focus on accentuated eyes, natural makeup looks are never going off charts.

TOP OF THE WORLD

Spice up a high bun for a chic avatar, says **Eden Noronha**

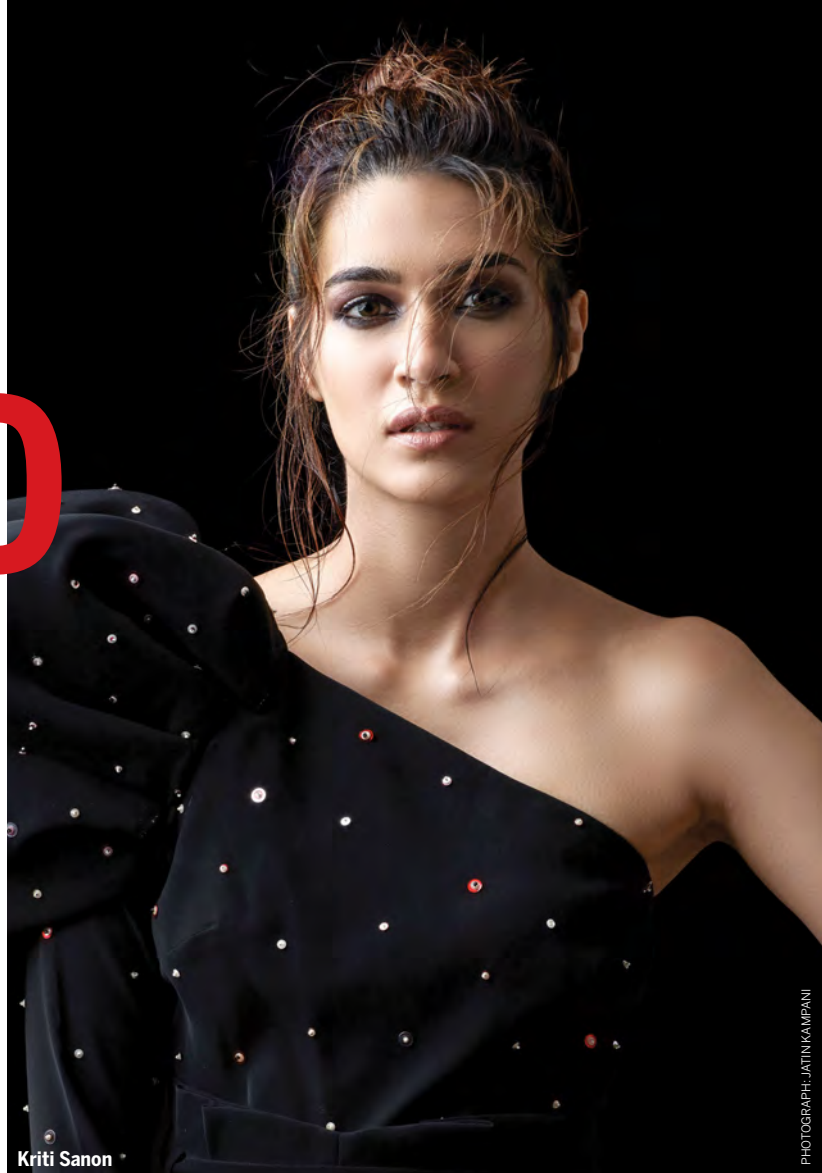
Wearing your hair up in a knot is more than just a fashion statement—it's a way of life. This style is, without a doubt, the most popular quarantine hairdo as it is suitable for a comfortable time at-home. Transform it to make it look polished with just some product and minimum effort so that you too can boast of a cute hair game like Kriti Sanon. The star rocks this look with an asymmetrical ensemble proving its versatility, and you can do so too.

IF YOU LIKE THIS LOOK AS MUCH AS WE DO, TAKE NOTE.

Wash your hair with an invigorating shampoo and nourishing conditioner. Apply an argan oil serum to the lengths of your slightly damp towel dried hair, and comb it to detangle. Using a rat tail comb remove two tendrils of hair from above your forehead to

USE A SATIN RIBBON TO ACCESSORISE THE BUN.

frame your face. Pull the rest of the hair back and secure it in a high ponytail with an elastic band. Twist the length of the ponytail and then wrap it around the elastic band to create a high bun. Tuck the ends of the twisted ponytail at the base of the elastic band, and secure it with bobby pins. Use a hair gel on this hairdo as a finishing touch to add shine and body. **E**



Kriti Sanon

PHOTOGRAPH: JATINKAMRANI



Tangle Teezer Back-Combing Hairbrush

Bare Anatomy Argan Oil

ENN Flax Jello Keratin Boosting 3 in 1 Hair Gel

The Beauty Co.'s Apple Cider Vinegar Shampoo

MoroccanOil Smoothing Conditioner

THE

Glam EDIT

A few celebrity looks that are the perfect inspiration for the upcoming festivities

Festive times come a-knocking again—a perfect opportunity to doll up properly! Glam looks range from heavy-duty smoky eyes to subtle and downplayed looks with a high gleam. Here's a round-up of glam celebrity looks decoded by their ace makeup artists:

EARTHY TONES

We love simple, fresh, and natural-looking makeup looks, which is why our makeup #GirlCrush is Aditi Rao Hydari! If you go through Aditi's feed, you'll see the actor ace no-makeup makeup looks with a flush of colours on her cheeks and earthy tones on her eyes, which work for all occasions.

Elton J Fernandez, makeup and hair artist, who has worked with the actor quite a number of times, created one such look for Rao Hydari. The look is pretty and wearable.

To match Rao Hydari's edgy monotone outfit, Fernandez created a soft look for her by accentuating her eyes and defining her chiselled features. "In my personal view, our grooming habits must align with and balance out events that surround us," he says. "If cosmetic support feels like



a sweet escape, I would recommend a fresh face with just enough colour to warm up and breathe life into a bland, flat makeup base."

Get the look

- ◆ Prime the face to battle the humidity.
- ◆ Use [concealer](#) only on the areas where it is required; usually, this means around the inner and lower corners of the eyes, sides of the nose and mouth, and the bridge of the nose to brighten it and add dimension. Blend the concealer in properly.
- ◆ Add soft contours all around the perimeter of the face, especially the inner corners of the eyes. Start blending in, from the corner of the ears across the cheekbones, towards the mid-cheek area.
- ◆ Fill in the brows as desired.
- ◆ Use blush all across the face in measured flicks and swirls of the hand or brush.
- ◆ Don't forget to add a touch of bronzer under the eyes to add soft dimension.
- ◆ Curl lashes, and apply coats of mascara.
- ◆ Dab on some tinted lip balm and the look is complete. >

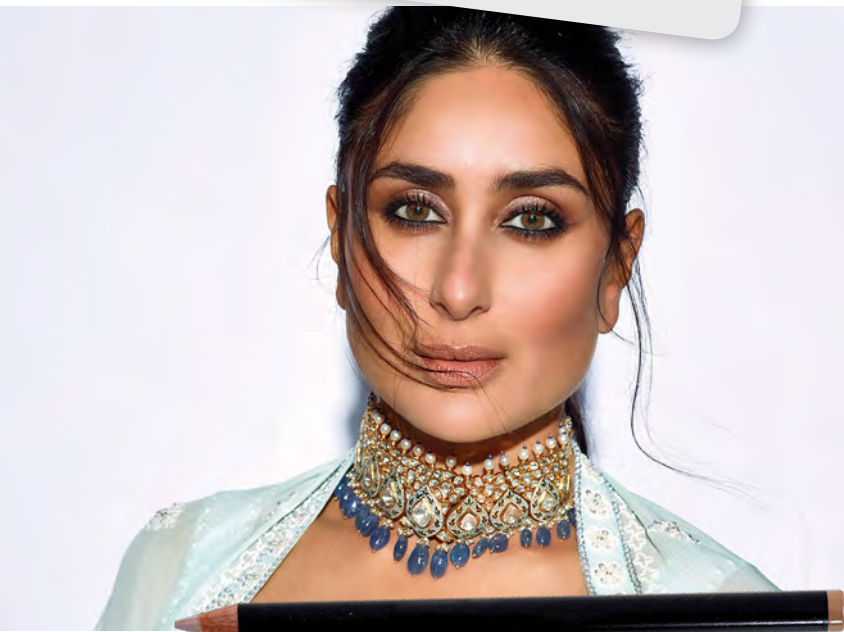
Expert Tip: Don't apply the blush only on the apples of the cheeks, but use it towards and onto the nose area, around the outer corners of the eyes and on the earlobes, if visible, as well. This ties together the raw appeal of contemporary beauty.



PRO TIP: *Apply a lightweight moisturiser mixed with an SPF moisturiser—this helps to seal in moisture and also creates the appearance of dewy skin.*

Get the look

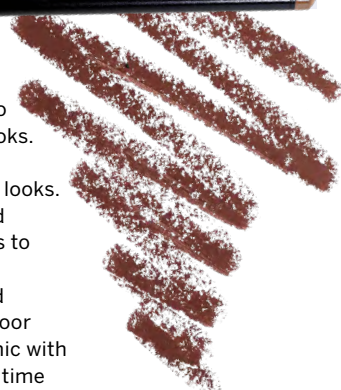
- ◆ Before starting the makeup, make sure that the skin is well moisturised and prepped.
- ◆ Apply a lightweight moisturiser mixed with an **SPF** moisturiser—this helps to seal in moisture and also creates the appearance of dewy skin. Follow up with two to three drops of HD liquid foundation in the shade that matches the skin's undertone, to create the base.
- ◆ To contour, use a contour stick two to three shades darker than the foundation.
- ◆ To enhance the features, use a cream-based highlighter (which has a light veil effect) on the cheekbones, the bridge of the nose and on Cupid's bow.
- ◆ To create a smooth canvas, apply a concealer that is a shade lighter than the foundation. Always remember, when applying concealer make sure it is in sync with the skin tone; do not use extremely light shades to avoid obvious white circles. Stipple some translucent powder to set the under-eye base.
- ◆ Swipe on a nude pink eye shadow, and blend it well with a darker, metallic dark-brown pigment. Apply strokes of the same on the lower lash line as well to create a soft definition.
- ◆ To amplify the shape of the eyes, use a brown pencil eyeliner. Smudge it with a brown eye shadow to bring in a little intensity.
- ◆ Apply a double layer of voluminous mascara, and use kohl pencil on the lower lash line to add depth.
- ◆ Highlight the inner corners of the eyes, moving outwards.
- ◆ Highlight the brow bones, and brush the eyebrows with eyebrow mascara to define their shape and make them look fuller.
- ◆ Prime your lips with a lip conditioner. Keep them subtle for this look. Put on a nude lipstick and top it with some gloss.
- ◆ Lastly, to keep the makeup looking fresh and intact, spray on a makeup fixer. >



STARRY EYES

There can never be too many occasions to imitate Kareena Kapoor Khan's beauty looks. And the upcoming wedding season is the perfect time to recreate one of her ethnic looks. From achieving those perfectly-contoured features to fuller lips, pin her beauty looks to your mood board.

To assist us, we have celebrity hair and makeup artist Pompy Hans decoding Kapoor Khan's ethereal, dewy look. This look is chic with a touch of elegance, and can be worn any time of the day.



PRO TIP: Use a lighter natural shade to fill in the inner corner of the brows and a darker shade for the outer corners. This gives the more tapered shape to the eyebrows.



ALL THINGS **GOLD**

Soft, smoky eyes with lots of gold and glitter—a fail-proof look for any occasion or festivity. Celebrity makeup artist Namrata Soni created a similar look on Disha Patani and it screams celebration!

Get the look

- ◆ Apply a mattifying primer that doesn't make your skin sweaty or oily.
- ◆ Don't over-prepare the skin; gently massage it to take away swelling, if any.
- ◆ Use a colour corrector based on your undertone, followed by concealer and then a full-coverage mattifying foundation.
- ◆ Set it with a translucent powder to fix the base.



- ◆ Use a matte bronzer on the cheeks followed by a soft, peach-hued blush.
- ◆ Subtly highlight the high points of the face.
- ◆ As a lot of gold and glitter is used in this look, apply some loose powder under the eye and leave it there to brush off any spillage later.
- ◆ Start with gold [eyeshadow](#) on the lids, swiping it from the inner to the outer corner.
- ◆ Create a soft, smoky eye using black eyeshadow on the outer corner of the eyes.
- ◆ Use a little gold shimmer or glitter on the lids.
- ◆ Accentuate the eyes with thin, winged liner.
- ◆ Curl the lashes, and apply two coats of mascara.
- ◆ Use a nude pink lip pencil all over the lips—line and fill the lips with the pencil.
- ◆ Apply pink nude liquid lipstick to last longer. **E**

HOT RIGHT NOW

All that's fresh and fun on the beauty shelf

PRIME PERFECT

Give your face a shot of instant hydration and nourishment with the new photo-finish Vitamin Glow primer by Smashbox. This cruelty-free and vegan product accentuates the skin's natural glow by injecting in the goodness of vitamin B, C and E. This lightweight water-gel primer also smoothens the skin for that perfect makeup application.

Price: ₹1,750

Available at: www.nykaa.com

LOVE IS IN THE AIR

Curate a warm romantic aura with the new Cara Mia Solo Tu by Aigner Parfums. Peach, mandarin and pink pepper give this fragrance crisp sensibilities. A romantic undertone is lent by violet, jasmine and peonies, adding a sensual and feminine touch. The elegant fragrance, embodied in an elegant packaging, can be a perfect choice to uplift your mood.

Price: ₹6,300

Available at: **All leading e-comm portals**

TRESS TREASURE

Give your tresses a nourishing and therapeutic experience with the new Extraordinary Oil Serum by L'Oréal Paris. With the natural goodness of six precious floral oils, the serum features a lightweight and non-greasy formula that promises to transform the texture of the hair strands. Suitable for all hair types, it works as a pre-shampoo ritual, an overnight treatment or a finishing and styling aid.

Price: ₹499

Available at: **All leading e-comm portals** 

KEEP IT STRAIGHT

The Dyson Corrale can be your SOS hairstylist which comes with patented flexing plates to deliver perfectly aligned straight hair. With an intelligent heat control system, it reduces damage to hair by half while styling it. Also, featuring microhinged plate technology, it flexes to shape and gather hair reducing the reliance on heat. Suitable for all hair types, it delivers salon-like style and finish achieved in mere minutes.

Price: **On Request**

Available at: dyson.in

ALL THAT GLOW!

The launch of Australian brand, BECCA Cosmetics, in India was much awaited. The brand, which is known for its exquisite range of highlighters, is all about inclusivity and

individuality, and features ingredients that give a gorgeous glow. With a smooth texture and shades to suit diverse skin tones, the brand's bestselling products include Shimmering Skin Perfector™ Pressed Highlighter, First Light Priming Filter and Backlight Priming Filter, and a hydrating Hydra Mist Set + Refresh Powder.

Price: ₹1,500 onwards

Available at: www.nykaa.com



The Midas Touch

Celebrate with gold pigments and exude royalty, says **Eden Noronha**



**The look
GOLD LEAF
GLAM**
**Wear it to
A WEDDING**



EYES
Brush your eyebrows upwards with a brow gel. Define your water line with a white eye pencil and extend it a bit farther along your tear ducts. Using a gold eyeliner, trace a line across the crease of your lids, lower lash lines and extend it into winged lines at the outer corners and inner corners of your eyes. Dab a gold shimmer pigment only on the centre of your lids and slightly blend it inwards. Swipe mascara on your lashes.

The wedding season calls for a rich beauty look, fit for a queen or princess. None other than gold pigments can get you that desired elan. The Blonds Fall Winter 20/21 collection showcased edgy makeup featuring the hue that can translate to a [gorgeous bridal beauty look](#) like you've never seen before.



RECOVER SKIN DAMAGE WITH REGULAR USE OF A SKIN STRENGTHENING SERUM.

CHEEKS
Illuminate the high points of your face with a jelly highlighter. Add light hydrating colour to your cheeks with a balmy blush.



LIPS
Scrub and moisturise your lips. Outline your pout with a nude lip liner and blend it inwards for flawless lips. **F**

The Body Shop Vitamin C Glow Boosting Moisturiser



PAC Pressed Glitter Eyeshadow



Sephora Collection Glide Liner Waterproof



Dermalogica Special Cleansing Gel



MAKEUP

My eyebrows are not uniform. How should I shape and fill them?

- Manjiri Lal

Shaping of the brows is different for different people. A few general guidelines work for everyone, though. The arch of the eyebrow should be the highest point of the brow. Never fill them with black shade; opt for dark brown or charcoal grey depending on your complexion. Pressed powder or gel works better than an eyebrow pencil. Use threading only for the area above the brows and pluck underneath for a more natural finish.

KAPIL BHALLA

Renowned celebrity makeup artiste



SKIN

What could be the reason behind lockdown breakouts?

- Vedika Rahi

Stress, binge eating, increased sugar and carb intake in the diet, and not cleaning the sweat off the face might be causing acne during the lockdown. Use a salicylic acid-based face wash twice a day. Apply 2.5 per cent benzoyl peroxide cream on acne at bedtime. Use a water- or gel-based moisturiser and sunscreen. Avoid using oil- or cream-based products including cosmetics. Avoid sugar in all forms, be it jaggery, brown sugar, white sugar, or honey.

Dr JAISHREE SHARAD

Celebrity cosmetic dermatologist and CEO of Skinfiniti Aesthetic Skin & LASER Clinic, Mumbai



HAIR

I am facing hair loss during the lockdown. What could be the reason?

- Hitika Raj

Sudden changes in our routine could be one of the reasons for hair loss. We are not as active as we used to be. Wrecked sleep patterns also play a role, throwing our stress levels off balance. Being in lockdown also changed our grooming routine. A topknot has become a go-to hairdo. Although it's convenient, it can cause breakage and weaken the roots due to pulling and tugging. It's recommended to massage the scalp once a week with oil. Try to tie the hair in a loose bun, or braid it. **f**

SAVIO JOHN PEREIRA

Celebrity hairstylist and founder and creative director of Savio John Pereira Salon



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FIT FOOD!

Enjoy these gluten-free recipes from **Executive Head Chef Shailendra Kekade** of **Santé Spa Cuisine, BKC, Mumbai**

SWISS VEGETABLE ROËSTI WITH HERB CREAM SAUCE



3 tbsp blanched and grated potato
1 tbsp grated red bell pepper
1 tbsp grated yellow bell pepper
1 tbsp grated green zucchini
1 tbsp grated yellow zucchini
1 pinch of salt
1 pinch of pepper
1 tsp olive oil

For the herb cream sauce:
2 tbsp fresh cream
½ tsp thyme
1 pinch of salt
1 pinch of black pepper
1 pinch of lemon zest

Calorie count:
146 calories
(per serving)

SERVES: 1 > PREP TIME: 10 minutes > COOKING TIME: 15 minutes

1. To prepare the cream sauce, mix the cream, thyme, salt, pepper and lemon zest well. Set aside to chill.
2. Place the potato, bell pepper and zucchini in a strainer to remove as much water as possible. Mix together, season with the salt and pepper, and form the mixture into a patty.
3. Heat the olive oil in a non-stick pan on a medium flame. Place the rösti (grated vegetable patty) in the pan, and gently spread across the pan to make a pancake. Fry until crisp and golden on one side, then carefully flip over to cook the other side to golden too.
4. Serve the rösti hot with the chilled herb cream sauce. >

TIP: TO ENSURE THE ROËSTI IS CRISP, EXTRACT AS MUCH WATER AS YOU CAN FROM THE GRATED VEGETABLES BY SQUEEZING.

SWEET POTATO BAKE



130 g sweet potato
1 tbsp garlic
½ tsp rosemary
1 tsp chilli flakes
1 tsp salt
¼ tsp pepper

1 tbsp honey
1.5 tbsp olive oil
1 pinch of
cinnamon powder
2 tbsp sour cream
1 tbsp chopped
spring onions

**Calorie
count:**
216 calories
(per serving)

SERVES: 2 > PREP TIME: 10 minutes + 1 hour marinating time > COOKING TIME: 25 minutes

1. Preheat the oven to 180° C.
2. Wash the sweet potatoes thoroughly, peel and cube them, and blanch for a few minutes in boiling water.
3. Marinate the blanched sweet potato with the garlic, rosemary, chilli flakes, salt, pepper, honey, oil and cinnamon powder for one hour.
4. Bake for about 25 minutes until the sweet potato is cooked and slightly crisp.
5. Remove and serve hot, garnished with the sour cream and spring onion. >

TIP: ALLOW THE SWEET POTATO TO CHAR ENOUGH IN THE OVEN TO GET A CRISP FINISH.

BROCCOLI & MUSHROOM STIR-FRY



1 tbsp olive oil

2 tsp sliced
garlic

1 tsp sliced
galangal

80 g broccoli,
cut into small
florets,
blanched,
cooled in iced
water, and
drained

70 g mushroom,
quartered

Salt, to taste

Black pepper,
to taste

1 tsp freshly-
chopped basil

1 tsp grated
parmesan
cheese

1 pinch
of chilli flakes

**Calorie
count:**
99 calories
(per serving)

SERVES: 2 > PREP TIME: 10 minutes > COOKING TIME: 5minutes

1. Heat a non-stick pan on a high flame and add the olive oil.
2. Once the oil is hot, add the garlic and galangal and cook until golden.
3. Add the broccoli and mushrooms, and sauté until the mushrooms turn golden.
 4. Season with salt, black pepper and basil.
5. Serve hot, garnished with grated Parmesan and chilli flakes. >

TIP: CUT THE VEGETABLES UNIFORMLY TO ENSURE EVEN COOKING.

LEMON & LEMONGRASS BAKED YOGHURT



250 g hung
yoghurt
250 ml
fresh cream
250 ml
condensed milk

1 tsp chia seeds,
soaked for
15 minutes,
and drained

1 tsp chopped
lemongrass

1 tsp lemon zest

**Calorie
count:**
290 calories
(per serving)

SERVES: 5 > **PREP TIME:** 40 minutes > **COOKING TIME:** 40 minutes + chilling time

1. Preheat the oven to 160° C.
2. Whisk together the hung yoghurt, fresh cream and condensed milk until well blended in an oven-proof dish.
3. Add the lemongrass and lemon zest and set aside for 30 minutes to infuse.
4. Place the dish in a water bath, and bake for 20 minutes, until the mixture is set.
Ensure that the top does not get any colour.
5. Remove the baking dish from the water bath. Allow to cool before placing in the fridge.
6. Serve chilled, garnished with the soaked chia seeds. **F**

TIP: SPRINKLE CRUSHED JAGGERY OVER THE TOP AND BRÛLÉE IT FOR A FANCIER FINISH.

[CLICK HERE TO READ MORE](#)



Observing The New Norms

With the pandemic redefining almost every aspect of life, travel is no different. We bring you the necessities you need to take care of to travel post-COVID



The world is slowly getting back to business. The number of new infections across the world is steadily dropping and restrictions in many countries are being eased. Yes, of course, there's still some uncertainty, but that's par for course during any major shift. The travel industry is also making its way back to recovery. With many new rules coming into effect, how people travel has changed quite a lot. Despite all the adversity, there's hope for the future, based on which, travellers across the globe are being enticed with incredible deals and discounts. But before you head out to take advantage of the many offers luring you to exotic destinations, there are a few things to bear in mind. COVID-19, after all, remains a very real threat and one that needs careful handling. So, here are a few things to remember before you head out for that post-lockdown trip.



GET TESTED Whether it's the next state or country, you will need to provide negative test results to be able to travel pretty much anywhere. Just check the stipulated time period at the destination of your choosing before you get swabbed.



GET INSURED
Travel insurance has always been important, and mandatory in the case of international trips. In the current times, it's especially crucial to make sure expenses related to any untoward situation is covered.



BOOK AHEAD
Whether it's a car rental, tickets, or accommodation, it's important to have reservations. Destinations are asking travellers to furnish bookings for their full itinerary before granting permissions.



MASK UP Wear protective gear everywhere and carry extra sets. Remember to keep your gear on when around people, at all times. Wear, and insist other people wear, the mask correctly—over the nose—always.



CHOOSE LOCAL Yes, we know there are tempting offers from the exotic Caribbean islands and amazing packages in Europe. But right now, the Indian economy needs your support. There's a lot to see and do locally, and exploring it will only go to enrich your understanding of our nation, our people and our cultures.



GO SLOW
The best way to travel is to immerse yourself in a place and its people so as to truly delve into the essence of the destination. Right now, movement being a risk, it's all the more important to spend more days in a single place rather than do a hurricane tour.



LIMIT PHYSICAL INTERACTION Not just with people, but with the world around you. If you're driving, make sure you only stop at places where there aren't crowds. If you're flying, avoid sitting anywhere in the airport until you get to the aircraft. If you're taking a train, resist the temptation to get off at any station the train halts at, unless it's your stop.



RESEARCH IN ADVANCE If you're unsure about what to expect when travelling, do some research online for videos shared by other travellers who have done similar journeys. Many government tourism portals have also issued public service messages to help travellers. [E](#)



EMPOWERING WOMEN IN NEED

Rashmi Tiwari is fighting hard to help the tribal women from Jharkhand overcome the problems they face.

By **Radhika Sathe-Patwardhan**

Many people face different forms of hardships through childhood. Most only think about themselves and their families and look at ways to ensure those hardships don't arise again for themselves or their children. Although some look at the society as a whole, and ways to ensure the difficulties of those around them can be alleviated too. Rashmi Tiwari, founder-director of Aahan Foundation for Social Change, falls in the latter category.

Humble Beginnings

Mumbai-born Tiwari was raised by a single mother in Varanasi and now lives in Delhi with her daughter and husband. "Despite being born in a well-to-do family, I have spent some of my childhood years below the poverty line." Despite this, education was given high importance at home, as her mother believed that education was the only

way to get out of the vicious cycle. She took it to heart and went on to finish her PhD in Economics. It didn't end there. She is also a certified leadership coach from NeuroLeadership Institute, a Fellow of the Swedish Institute Management Program. Before setting up Aahan, she experienced the corporate sector for almost 15 years. Keen on giving back to society, she connected NGOs with donors. "One such initiative took me to a tribal village where I witnessed the selling of a six-year-old tribal girl by her parents. It made me to quit my corporate job and devote my time to the issue of trafficking of tribal girls," she recalls.

Making An Impact

At Aahan, girls are exposed to better education, continuous interaction with mentors who are like role models to them, leadership opportunities, bringing change in their communities even if it's as small as talking about the menstruation cycle with other girls, inspiring books, movies etc. This creates a world of possibilities for them and runs parallel with their world where they are shackled to poverty, physical abuse, and trafficking. The idea is to provide them with the options and let them choose.

The key issues for these women are illiteracy, child labour, militancy, dilapidated

healthcare, unemployment, loss of livelihood and habitat amongst other related things. "To solve this problem, we empower girls and women and make them financially independent, self-reliant, and aware about their rights and privileges," says Tiwari. They do this by providing life and entrepreneurial skills, local employment opportunities, mentoring, and creating engagements using arts, performing arts and sports.

The most significant impact of this project has been that it has brought about a behavioural shift in the mind-sets of tribal people towards gender-based issues such as trafficking, child marriage, child labour, physical abuse, witch-hunting, discrimination based on sex and so on.

She now looks at improving connectivity with the girls. In addition, a plan in the offing is to train some of them as e-rickshaw drivers, which will solve their mobility issues, and offer them a source of earning livelihood without having to move to bigger cities, where they tend to get exploited.

"We empower girls and women and make them financially independent, self-reliant, and aware about their rights and privileges."

[CLICK HERE TO READ MORE](#)



A TIMELESS COLLECTION

Beautifully crafted range of jewellery

What: Inaaya Jewellery by Deepa and Suhail Mehra

What we liked: Inaaya Jewellery by Deepa and Suhail Mehra is a new and exquisite collection of fashionable jewellery. This beautiful range is suitable for all occasions be it casual or festive. The collection consists of uncut diamond necklaces with rubies; diamond studded coloured stone bangles available in topaz and ruby stones; diamond long earrings with emeralds and rubies and many more. This line of jewellery is absolutely stunning and sophisticated. Each piece of jewellery is crafted with finesse and is a perfect addition to your ensemble. These pieces are a must-have.

Price: On request

Availability: D 47 Defence Colony, New Delhi (On appointment)



STYLE AND CONVENIENCE

Bags that are super spacious and glamorous



What: Bags by Da Milano

What we liked: The new collection of bags by Da Milano is quite simple yet super stylish. These bags can totally add glamour to your appearance and have been made to suit the demands of all women by being absolutely beautiful yet spacious. They come in colours like tan, cognac and black or pop colours like yellow, green and fiesta red and in different textures such as wax, mat, croc and more. The bags come with a detachable sling and can be used for all occasions. Da Milano provides its products with a life-time service warranty.

Price: On Request

Availability: Across all Da Milano stores

ELEGANCE AT ITS BEST

A range of bridal jewellery for your special day



What: Rivaah by Tanishq

What we

liked: Rivaah

by Tanishq is an absolutely stunning range

of wedding jewellery that has been beautifully handcrafted for brides to make their wedding experience an unforgettable one. Rivaah is dedicated to the beautiful brides of India and has been designed by teams from all over the country to provide extremely unique yet stunning pieces of

jewellery. The ornaments are a combination of

traditional and contemporary styles and

can be customised according to your own taste. Tanishq also guarantees the purity and superior quality of products. This sophisticated range of jewellery is a must-have for your big wedding day.

Price: On Request

Availability: Across all Tanishq Stores



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SPARKLING AND JOYFUL

Candle stands, sculpture and decor items with crystal balls



What: The crystal ball home decor collection from The WhiteTeak Company

What we liked: The WhiteTeak Company recently launched the crystal ball home decor collection comprising products such as candle stands, sculptures and decorative items. These stellar products are just what you need to add some class and sophistication to your home. Each piece has a product theme that defines the value of its designing. For instance, the Balance Equation decorative piece defines the value of balance and how important fundamental values are in one's life. Special attention has been given to the finishes and the crystal balls so that each piece stands out.

Price: On request

Available at: whiteteak.com

MORE FOR YOUR FLOOR

Fine ceramic floor tiles for your home

What: Nero Collection by Antica Ceramica

What we liked: Launched by Antica Ceramica, the Nero Collection is made of the finest ceramics, artistically designed and customised to blend in the sophistication of black with different trendy patterns. These one-of-a-kind tiles come with an excellent finish and a safety-glazed porcelain coating that makes them non-slippery. A good alternative to marble and granite flooring, these tiles are available in standard sizes and processed in such a manner that one doesn't need to worry about the direction of the cut during installation. The tiles come with a pristine base that has a high gloss, mirror-like shine that lets them remain cool.

Price: ₹95 per square foot

Available at: Antica Ceramica, 40, Raja Garden, Opp. Metro Pillar No. 371



BLAST FROM THE PAST

A love affair with vintage trunks

What: *The Trunk Collection by IDUS*

What we like: *IDUS has recently launched The Trunk Collection at their flagship store in Delhi. The collection comprises of side tables, coffee tables and chest of drawers that have been fashioned into trunk-like designs. Showcasing designs inspired by vintage mid-century pieces, the collection is in leather and fabric. The furniture pieces stand out because of*

their chic and eye-catching looks.

Bringing a wonderful vintage look to any space, the collection includes The Canvas Coffee Table, Trunk Coffee Table, The Milano Drawer and The Beloved. These exquisite pieces serve as wonderful decorative accents and useful storage containers.

Price: *On request*

Available at: *IDUS Showroom, 10/57 Kirti Nagar Industrial Area*



FEMINA MUMBAI PUNE



SPARKLE 'N SHINE

When you make your passion into career, it shows through your creations... Such is the case with Arti Chadha!

ARTI CHADHA FOUNDER, CHAOTIQ BY ARTI

Arti Chadha, founder at Chaotiq By Arti, is a passionate and ambition-driven person. She is someone who is confident in her ability to produce, and she always prepares for the worst. "Like any girl, I was very fascinated with dressing up and spent a majority of the

time trying my mom's jewellery and clothes and perhaps since then sparkling beautiful adornments captured my heart which I inculcated as my passion and work now," she shares. "I was always quick at mix-matching different accessories with clothes and my friends later encouraged me to take it further as a profession. Following the latest trends and mixing the authentic Indian jewellery designs with the quiriness of this generation is how I like to showcase my

products," she explains. Post-college, she was still trying to make up her mind as to in which direction she should head. She started working for a company, but her heart was elsewhere, "Following my passion for jewellery, I started selling jewellery online just out of curiosity to see how it goes. But it just clicked for me. And that's how I knew where I belong," she says. Chaotiq has jewellery for all from heritage to modern suiting each occasion and person according to their needs.

[CLICK HERE TO READ MORE](#)



CIRCLES OF STYLE

Stylish accessories for a stellar statement

What: Trendy hoops by Gehna Jewellers

What we liked: Gehna Jewellers has come up with an exclusive range of jewellery that makes a bold statement. Their new line of hoops are very elegant, sophisticated and include designs that break the mould while still adhering to traditional sensibilities. The brand has also collaborated with designers like Karan Johar, Shaina NC, Abu Jani and Sandeep Khosla. This fine collection of hoops showcases fine craftsmanship and is appropriate for every occasion.

Price: On request

Availability: Across all Gehna Jewellery Stores in India



A CUT ABOVE THE ORDINARY

Enthralling pieces to win you over

What: Fine jewellery by the House Of MBJ

What we liked: One of India's finest luxury jewellery brands, The House of MBJ, has launched its animal motif collection for this season. These include the regal peacock-shaped statement pieces, elephant rings and bangles and neckpieces shaped with exquisite artwork. The unique animal inspired designs are a plus if you prefer anything other than ordinary. This fine collection is a combination of interesting artwork and brilliant craftsmanship that is sure to grab attention in a crowd.

Price: On request

Availability: Across all MBJ stores in India



GLITTERING SHADES OF BLUE

Dazzling jewellery in dynamic tones of blue

What: Celestial Affairs Collection by RK Jewellers

What we liked: Blue is considered the shade of trust and opportunity and this stunning range unites the best of the various universes of blue. The collection includes the greenish-blue shaded bangle in meenakari; the maharani ring in midnight blue; the creative peacock drop hoops and a lot more to thrill the souls of jewellery enthusiasts. Created in 18 K white and yellow gold and decorated with valuable blue gemstones and white pearls, these glittering baubles are a must have!

Price: On request

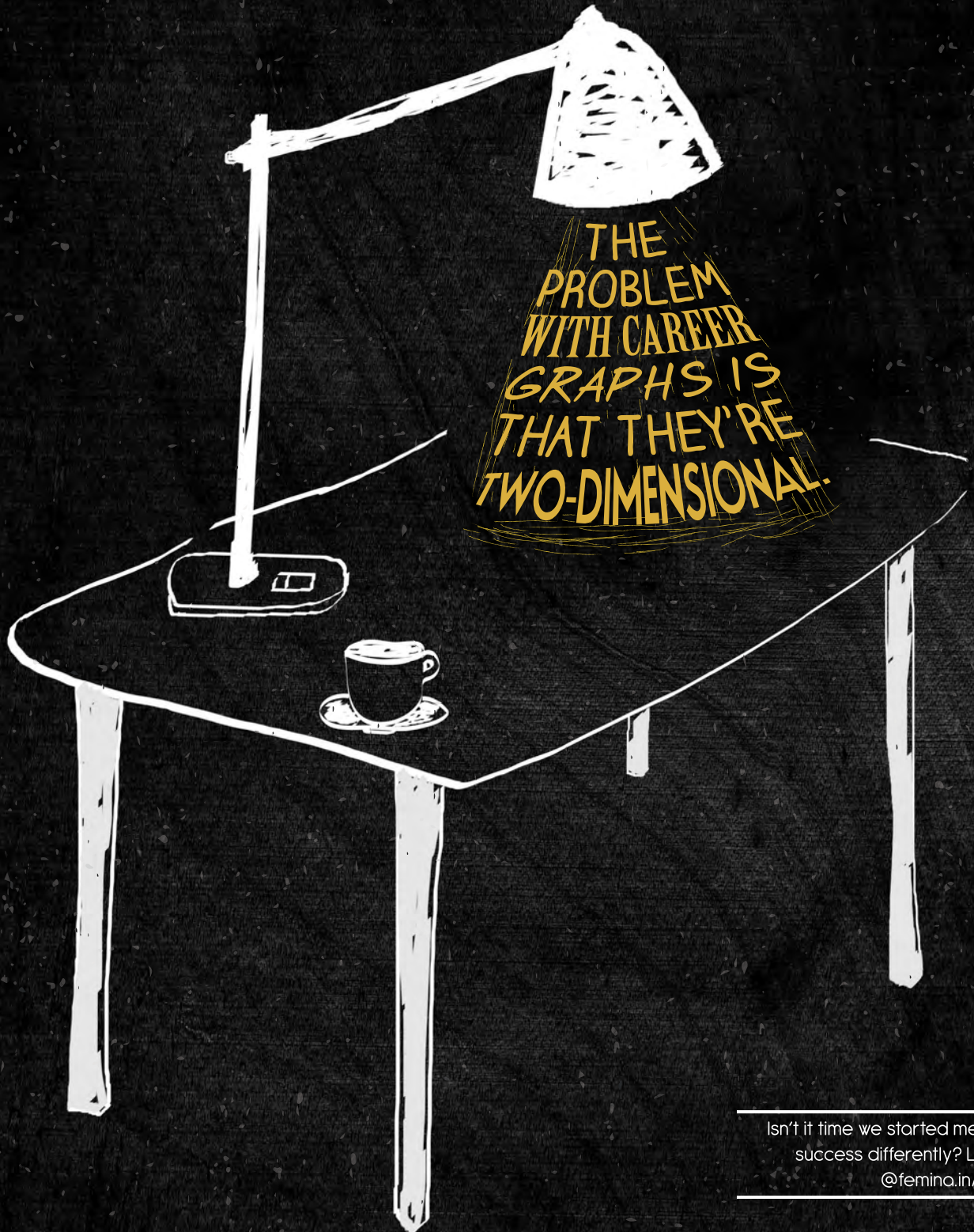
Availability: RK Jewellers Store – E-5, South Extension -2 market

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[@femina.in/lifestyle](https://www.femina.in/lifestyle)

BAR MAKEOVER ANYONE?!

Sip your wine in style with a touch of silver



What: Frazer and Haws' Barware Accessories Collection

What we liked: If you love throwing parties and sipping on your drinks way too much then this collection of Barware Accessories is totally going to excite you! Frazer and Haws has launched a fine, exquisite range of barware made in sterling silver that would be a perfect addition to your home and bar setup. The product line consists of beautifully made cocktail shakers, ice buckets, wine and champagne glasses, holders, coolers and lots more! The range is designed creatively and aesthetically, and can also double up as a showpiece in your living room. You can shake, make and pour your drinks using these classy pieces and soak in the party vibes as you chill with your gang!

Price: ₹25,000 onwards

Available At: Frazer and Haws Stores across India

SLEEP IN LUXURY!

A silky treat for your bedroom and mood

What: Portico New York's Just Us Collection

What we liked: Premium bed linen brand Portico has launched some fabulous and comfy duvets, bed covers and pillows under their Just Us Collection. The collection is made up of fine, luxurious fabrics like satin, silk and jacquard, which allow you to experience royalty and fills up your room with an intimate, romantic vibe. The pleasing colours of the products like ruby rose, intimate gold, silky grey and deep purple add

a majestic touch to your bedroom and allow you to experience a regal life at an affordable price. This silky-smooth collection is not just comfortable and soothing but is interesting and aesthetic to look at too. Invest in Portico's deep colour range and make your room look classic, well maintained and put together at all times!

Price: ₹5,000 onwards

Available At: All leading retail stores, www.porticoindia.com



JAZZ UP YOUR HOME!

Blossoming roses, soothing wall plates, Ming vases and lots more

What: The Décor Kart's new collections

What we liked: A mix of classic and contemporary designs are what The Décor Kart's newly launched products are made of. Inspired by the Country Roses, peonies and lilacs, the Victorian-era and the Ming dynasty, this collection offers a wide range of products like tea ware sets, kettles, cups, floral cake stands and platters,

soothing wall plates with iron stands, carved photo frames, glazed jars and hand-painted jugs inspired by the Ming dynasty. This sophisticated and versatile range is exclusive and perfect for stepping up your house décor game. Make your abode stand out with these decor objects!

Price: ₹550 Onwards

Available At: The Décor Kart Stores, www.thedecorkart.com



THE VILLAGE: A support group for single parents

A lawyer based in Kochi, Laila Zafar starts a group for single parents and offers support to its members by providing compassion and understanding within a safe space says **Kayalvizhi Arivalan**

Life as a single parent comes with twice the love and twice the challenges. That's exactly what Kochi based lawyer Laila Zafar had to go through with a small child, when she decided to move from Dubai. Being a single parent, she had lots of questions and concerns that needed an answer. She found that she was not alone and there were many such single parents who wanted support in terms of camaraderie, empathy, compassion, a shoulder to lean on, and a group of like-minded persons to laugh and cry with.. "I started 'The Village' - my support group for Single Parents, to normalize and lighten the conversation around Desi Single parenting. The whole period before, during, and after the divorce is so isolating and overwhelming with new emotions that often people go into various stages of depression and suicidal tendencies because of the lack of positive support" says Zafar who added that she could relate to this better as she knew it first-hand. "I had



I GET MESSAGES EVERY DAY FROM SINGLE PARENTS TELLING ME HOW I GIVE THEM THE STRENGTH TO BE A LITTLE BRAVER EVERY DAY.

no expectations or any vision for the support group. I just launched it and then it just blew up before my eyes. I get messages every day from Single parents telling me how I give them the strength to be a little braver every day, and that is testimony enough of how badly there was the need

for a support group for Desi Single Parents. Since I do not encourage any whining or space for victimizing the experience of being a Single parent, the parents that approach me immediately shift gears and then effortlessly become happier and brighter from the light

that I and the support group shine on their path". Zafar's support group "The Village" is an online as well as an offline group. On online mediums, she regularly posts pro-single parenting messages. She is very active on Instagram responding to queries and messages. In spite of various societal changes, Zafar feels the stigma with regards to single parenting is real. She adds that the lack of empathy and inclusion into the family space is glaring. "Even the children of Single Parents are excluded from birthday parties, outings, and get-togethers" says Zafar who stresses on the importance of being there for someone who gets separated from their partner. "You have to understand that a divorce or death of a partner takes away the connection with an entire group of friends and family, and it often leaves Single Parents bereft for solace and companionship. This is what 'The Village' seeks to provide, visibility, acceptance, and solid ground beneath the feet of those that have had it pulled from under them" concludes Zafar. **F**

[CLICK HERE TO READ MORE](#)





SCORE SQUEAKY CLEAN SKIN

Achieve healthy and beautiful skin

What: Omorfee's Olive Cleansing Milk
What we liked: Omorfee's new Olive Cleansing Milk is the ideal cleanser for dry and normal skin types. Loaded with the goodness of almond, olive, lavender, vitamin E, and clary sage naturals and essential oils, this product leaves you with clean and supple skin with just one use! This massage crème takes the dirt away, effectively cleanses your face and gives you a healthy, radiant and beautiful look! The product is rich in antioxidants and minerals, enhances blood circulation, takes away the dryness, and improves and tones up facial muscles. The presence of organic emollients and beneficial natural oils helps in easy absorption of the cleanser and ensures a soft, deeply nourished, hydrated and moisturised skin! Bid adieu to all your dirty makeup residues and say hello to a clean, fresh face!

Price: ₹1,399

Available at: omorfee.com

THE BOLD, EXCITING LOVE OF OPPOSITES

Feel irresistibly attractive with this range

What: KIKO MILANO launches Magnetic Attraction Collection
What we liked: The new KIKO MILANO Magnetic Attraction Collection celebrates chemistry amidst contradiction. It's all about experimentation: matte vs shine, stick vs liquid and simple vs striking. It works its magic with an impressive collection of lip-wear, eye-wear, and blushes, helping you express yourself without words—these magnetic shades will allow him to read your lips! You will love the hues like pure emotion, la vie en rose, and soul attraction among others, that will give you a truly sophisticated allure. Moisture and care of your lips are given utmost attention with the three-step lip-care ritual, comprising of 'sugar lip scrub' and 'wonder lip balm' for super-soft lips. Like, he's perfect for you, the explosion of colours on the



eyeshadow palette, blushes and highlighters are designed to perfect your "ready for attention" look. Tip: Do pick up the mini eye and lip kits that are super convenient to carry around in your purse and are perfect for quick touch-ups.

Price: ₹750 onwards

Available at: KIKO MILANO stores

THE GLOW OF GOLD

Discover the secret of a radiant complexion



What: Indulgeo's Wonder Gold Oil
What we liked: Indulgeo has launched a limited edition Wonder Gold Oil and it is just the product you need to get that illuminating, sun-kissed glow and to pamper your skin well! Infused with the goodness of 24k gold flakes, grapeseed oil, wild rose brush oil, carrot seed oil, lotus extracts, and rose extracts, this exotic oil slows down the aging of the skin, reduces acne, restores elasticity, brightens the complexion and tightens your pores.

Loaded with vitamin A, B, E and K, the product has healing and moisturising properties and is extremely gentle on sensitive skin. This oil is perfect to use as a daily moisturiser and as a base for makeup. It hydrates your lips, and has a natural SPF. The ingredients of this product are extracted directly from nature so no wonder that this Wonder Gold Oil does wonders to your skin making it baby-soft.

Price: ₹1,510

Available at: indulgeoessentials.com

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ELEGANT AND CLASSIC DESIGNS

Heritage jewellery with old-world charm for special occasions

What: Tatva Collection By TBZ

What we liked: Tribhovandas Bhimji Zaveri has launched their latest range—the Tatva Collection which is an amalgamation of old-world charm, heritage and the modern spirit. The collection includes a variety of products like the three-layered set with Jaisalmeri moulded pendants; rich kangans with kundan work and ball googhri hangings as well as vintage rings with kundan and meenakari work. The range has been carefully designed by skilled artisans and offers elegance and grandeur to its customers. The collection is highly affordable and TBZ also promises BIS Hallmark and buyback guarantee to its customers!

Price: On request

Available at: TBZ stores across India



LOVE AND EQUALITY

Promote oneness by wearing these stunning pieces



What: Pride Collection by Senco Gold and Diamonds

What we liked: Senco Gold and Diamonds was founded in 1938 by late Sri MC Sen and is one of the oldest jewellery organizations in India today. The recently launched Pride Collection by Senco is a range of breathtaking ornaments and is aimed at promoting dignity, visibility and equal rights for the people of the LGBT+ community. The

collection consists of uniquely designed gold and silver pendants named Trans Hearty, G-Rex and Less More and this stunning range of jewellery is crafted and designed with love and care and would appeal to all sections of buyers. Show your support to the community by investing in these baubles!

Price: Gold: ₹16,000 onwards; Silver: ₹500 onwards

Available at: All Senco stores across India

A SPARKLING CASCADE

Glittering ornaments embedded with shaded gemstones

What: Ahalya by Tanishq

What we liked: Tanishq has launched its exclusive range Ahalya which consists of only 28 unique and beautiful jewellery pieces. The range includes: The Glamorous Convergence Set, Infinite Wonder, A Glittering Cascade, Regal Arch, The Inverted Skyline, Night Breeze, Glimmering Rhythm and many more! These dainty pieces are made up of diamonds and coloured gemstones and are perfect for all occasions, be it formal or casual and will surely add glamour to your appearance. Tanishq's uber stylish diamond collection is versatile and is perfect for the women of today!

Price: On request

Available at: Select Tanishq Stores across India 



CYBER STALKING – DO'S AND DON'TS

This world and people are mostly occupied by the internet and mobile phones. One such cybercrime is the "**Cyber Stalking**" or Online Stalking where attackers use the internet to stalk or harass an individual or a group.

The word "stalking" means "pursue or approach stealthily". It is a very serious issue that most of the younger generations are facing. The technology provides various ways to perform stalking and allow stalkers to harass their target from any part of the world. Earlier, there was Offline Stalking where there was a direct physical threat to the victim by the stalker. But now Cyber Stalking or Online Stalking is where something happens online without your knowledge. Cyber Stalking may include monitoring someone's activity online, checking their physical location, stealing your identity, attacking your devices, and more.

Who are these stalkers?

Stalkers can be strangers; they can be rapists who can blackmail you with all your personal information and shows threats of violence, undermining their dignity and identity. They can also be your former partners who try to threaten you with all private pictures and sensitive information about you for money or to isolate you mentally and insult you.

What is their motive?

To harass the victim, and in this case, it's sexually. It could also be a one sided lover who turns into a stalker when the proposal is rejected by the victim.



Cyber Stalking may include monitoring someone's activity online, checking their physical location, stealing your identity, attacking your devices, and more.

Stalkers who stalk corporates, their motive are money.

From where do they collect the information?

When the stalker decides to collect information about the victim, the first place he visits is the social media profiles. Stalker checks for the online activities of the victim, monitors the activity and collects as much information as he can. One of the most common online stalking methods is called "Catfishing" where the

stalker creates profiles in social media pretending to be someone else and grabs an identity. With such profiles, the stalker may approach the victim and try to get close to the victim.

What do they do with the information collected?

The stalker uses email-stalking which involves sending emails in the form of harassment, hate, or threatening emails. Another method is called computer

stalking where the stalker hacks the computer of the victim to access information. Mobile phone hacking is mostly done to gain access to the device and gather information about the victim and start threatening with the information collected.

How to stop someone from stalking you?

Understanding how cyber stalking is important. This way when something like that happens to you, you will know how and what to react. Do not post sensitive and private content in social media. Make sure you keep your geolocation settings off on your mobile phone. Limit your audience in social media, accept only known contacts to your friend lists, and update your privacy setting limited to only that audience. There are options to block people too if you feel you cannot have safer communication with them. Check if the website is genuine before giving in all your information. Remember you are never safe on the internet.

What to do if you are a victim of cyber stalking?

The Indian Government has passed the Information Technology Act, 2000 which deals with cyber stalking dealt under "intrusion on to the privacy of an individual". There are many sections under which cyber stalking can be complained. Hence never hesitate to report cyber crimes. **F**

SUPER FOODS OF SOUTH INDIA

Fast foods and quick meals have become our way of life; we forgot to embrace our own staple food. **KAYALVIZHI ARIVALAN** lists down some of the superfoods of South India that also acts as an immunity booster.



Amla

Thankfully, food experts believe there are plenty of local superfoods, some of which are more nutritious than their foreign counterparts. Take the Indian gooseberry or amla. Traditionally eaten in murabbas, pickles, curries or just raw with a pinch of

salt, amla contains high levels of Vitamin C and antioxidants and makes a smart substitute for imported cranberries and raspberries. Amla helps improve digestion and relieve acidity. It is also effective for diabetics as it helps control blood glucose levels. It helps prevent aging, greying of hair and boosts immunity. One Amla a day is recommended which can be in the form of juice or pickle or even consumed raw.



Moringa

Another such hidden treasure found in almost every south Indian household is moringa, more commonly known as drumstick. Often found in a lot of South Indian delicacy, drumstick pods and leaves are high in antioxidants and dense in nutrients like Vitamin A, B-complex and C. Moringa leaves can be added to just about everything. Make sure you remove them from the stem,

wash them and cook them well. Add finely chopped moringa leaves to your dosa batter, omelettes, dal and soups. You can even work it into your breakfast by adding powdered moringa to your smoothie.



Ragi

Ragi (finger millet) is packed with loads of nutrition. Ragi has a low glycemic index and is high in dietary fiber. It improves digestion, helps in controlling diabetes, and aids in weight loss. Ragi Kanji is one of the best first foods for kids as it is easily digestible. This annual crop is loaded

with calcium, proteins, iron and other minerals. It is rich in fiber and contains very less unsaturated fat that aids in weight loss. It is a natural relaxant that helps in relieving stress and anxiety. It is one such rare cereal that doesn't need to be polished and consumed in its purest form with all the goodness intact.





Turmeric

Turmeric has been hailed as the go-to super food. There is some truth to grandma's turmeric recipes even as the spice has become the latest superfood cure in the West, from cough to cancer. Curcumin, a compound found in turmeric is known to have anti-inflammatory antiseptic and anti-bacterial properties and boosting

our immunity. It cleanses the respiratory tract, thereby acting as a shield against cough and cold. It also keeps your skin glowing when you create a face pack out of it. Also, the root is supposed to have an antimicrobial property that helps in cleansing the skin. A pinch of turmeric in a glass of milk before sleep contributes to your overall wellness.

THERE ARE PLENTY OF LOCAL SUPERFOODS, SOME OF WHICH ARE MORE NUTRITIOUS THAN THEIR FOREIGN COUNTERPARTS.

Tender coconut

Tender coconut water is considered as a wonder drink with multiple health benefits. It helps release body heat and rehydrates naturally as it is free from added sugars and chemicals. It is one of the highest sources of electrolytes that are found in a natural form. Coconut water is a good source of minerals such as potassium, magnesium, sodium and phosphorus.

As such, it can be a good recovery drink when you are dehydrated or have muscle cramps, and a healthier alternative to sugary beverages. It is also low in calories, naturally fat and cholesterol-free, and also contains healthy antioxidants, vitamins and amino acids, besides being low in carbohydrates.

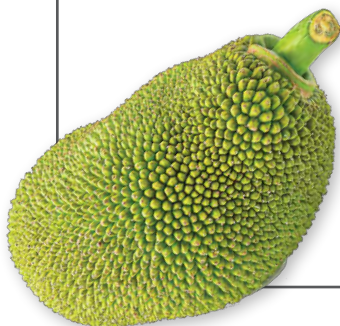


HEALTH BENEFITS OF TAMIL NADU'S SUPER FOODS

JACKFRUIT

Jackfruit is a one of a kind, tropical fruit popular in India with a unique and rich flavour. In Tamil Nadu, it is consumed raw in a variety of dishes such as poriyals, kozhambus, kootos etc, making it a delicious option for vegans as well. One can also relish it alone when ripe

or enjoy payasams using this fruit. This tropical wonder fruit has high amounts of Vitamin C which protects the skin from inflammation, sun damage and stress and sagging. Low in Glycemic index, the jackfruit is great for those with diabetes as it decreases sugar spikes in the body. High in antioxidants, this traditional fruit also slows down cell damage caused by free radicals. Fiber content slows down the process of digestion thus helping one feel full for longer while regulating bowel movements. The phytonutrients in the fruit are known to have cancer fighting properties.



TURKEY BERRY

Turkey Berry (locally known as Sundaikkai) is an easily available vegetable used in deliciously infused tamarind gravies or as a dry accompaniment. These bitter berries have enormous amounts of iron and are the most natural way to help treat anaemia. Including a handful of these in your diet regularly can help increase the red blood cell count in the body. With the on-going pandemic, the regular consumption of turkey berries is



recommended for all especially COVID-19 positive patients as it acts as an immune booster.

**-Mr. R Pitchiah,
Clinical Nutritionist,
Fortis Malar Hospital. F**

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LEGALLY BEAUTIFUL

A model and to-be lawyer, Aishwarya Mulay in a conversation with **Seher Campwala**

AISHWARYA MULAY

Aishwarya Mulay, born and brought up in Nashik, did her schooling from a boarding school which made her very independent and sociable. She always admired her teachers and aspired to become one. "I have always believed that the profession of a teacher is the only profession which makes all the other professions build-up, since a teacher, is the first source of knowledge in a child's life," says the black-eyed girl, who is doing her LLB Hons from Sandip University, Nashik.

She got her inspiration for modelling through fellow Nashik-ite Sayali Bhagat, who won the title of Femina Miss India 2004. To achieve her goals, she joined Cocoaberry Academy. This beautiful model has worked for a few ethnic clothing brands in Nashik, modelled for the largest beauty salon in Nashik

'Do;Redo' and has also been a small part of the Netflix original film 'Maska'. She was also one of the top eight contestants for Femina Stylista West 2020 and won a sub-contest title for 'Gorgeous Stylista'.

Mulay adds, "I had always seen the glamour industry as glittery from the outside but when I stepped in to take a closer look at it, I saw that there were immense hard work

and competitiveness which drives each person to do well each day." Modelling gives her a sense of empowerment, belief and lets her inner emotion be seen through her expressions.

Getting into modelling didn't stop her from concentrating on her academic growth. She's aiming to become a renowned model and an Augustus advocate.

"My eating healthy tip would be, whenever you crave to eat junk, fill yourself up with fresh fruits and veggies and then eat a little of what you wish to have. That'll always satisfy your craving and keep you healthy too," says the coffee indulger. A day before her shoot, she likes to exercise, keep herself hydrated at all times and get her beauty sleep right. The model says, "Most of us go on a shoot empty stomach which is very wrong. I find that it helps to have good snacks that are high in protein and vitamins to keep my body fuelled and energized throughout the shoot."

Apart from this, the charming model has a sweet tooth for chocolate fudge and gulab jamun. She loves spending her time playing badminton, as it makes her emotions vent out. She does meditation and has inner engineered herself in a way that whatever may come, she will be able to face it.

'Palace of illusions' is the book that influenced her and empowered her. She stands by this advice, 'Be yourself no matter what because you are original and nobody can take that from you.' **F**



Vital Stats: 34-28-36
Height: 5'7
Eye Colour: Black

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